

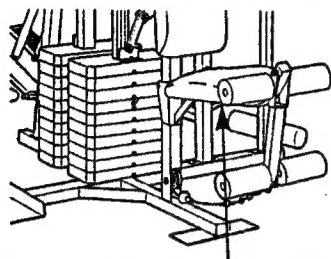
# WEIDER 8800

## HARD DRIVE SYSTEM

MULTI-STATION • PROFESSIONAL QUALITY FITNESS SYSTEM

Model No. WG88000

Serial No. \_\_\_\_\_



Serial Number Decal (Under Seat)

### QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory.

**TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE.**

The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

**CUSTOMER HOT LINE:**

**1-800-225-0653**

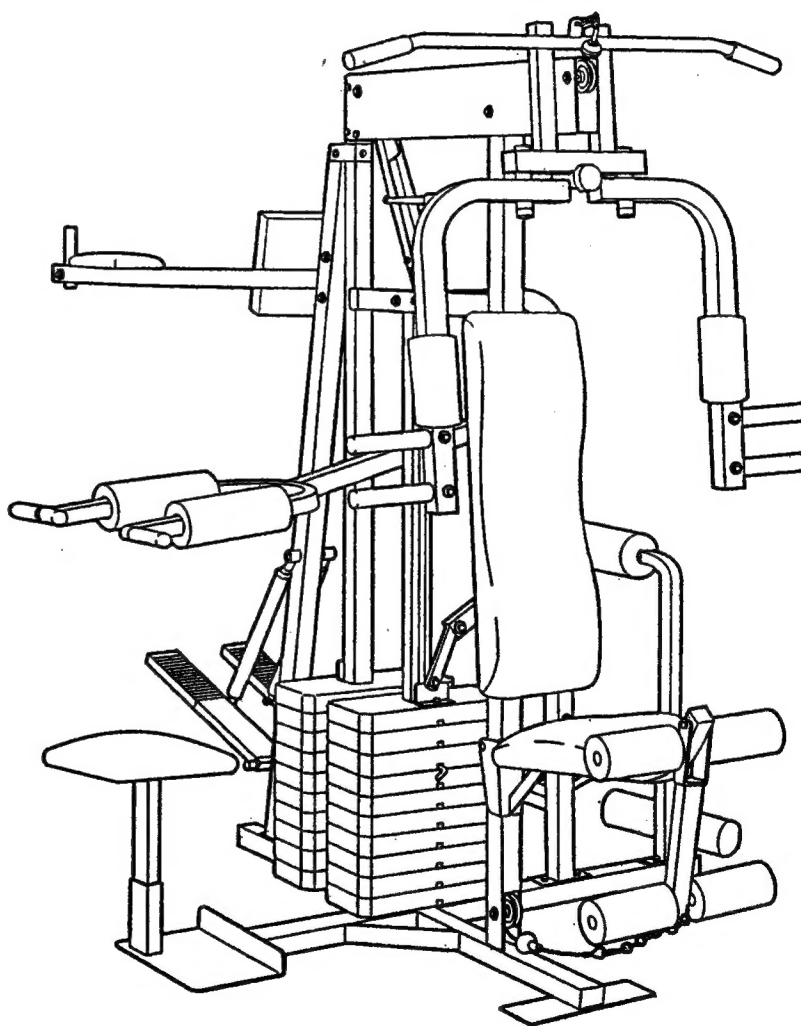
Mon.-Fri., 6 a.m.-6 p.m. MST

### CAUTION!

Read all safety precautions and instructions in this owner's manual before using this equipment. Save this owner's manual for future reference.

PATENT PENDING

## OWNER'S MANUAL



**weider®**

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## IMPORTANT SAFETY PRECAUTIONS

**WARNING:** To reduce the risk of serious injury, read the following important safety precautions before using the hard drive system.

1. Read all instructions in this owner's manual and in the accompanying literature before using the hard drive system. Use the hard drive system only as described.
2. Use the hard drive system on a level surface. Cover the floor under the hard drive system for protection.
3. Inspect and tighten all parts each time you use the hard drive system. Replace any worn parts immediately.
4. Keep small children away from the hard drive system at all times.
5. Keep hands and feet away from moving parts other than handles.
6. Always wear athletic shoes for foot protection.
7. Make sure that the cables remain on the pulleys at all times. If the cables bind while you are exercising, stop immediately and make sure that the cables are on all of the pulleys.
8. The VKR arms should never be used while one of the weight stations connected to the rear weight stack is being used. The feet of the person using the VKR arms could become caught between moving weights.
9. Never release the arms, leg lever, military press/squat arm, ab arm, lat bar or nylon strap while weights are raised. The weights will fall with great force.
10. The ab arm and the military press/squat arm should never be used at the same time. The ab arm could hit a person with great force if the military press/squat arm is released suddenly.
11. Always stand on a foot plate when performing an exercise that could cause the hard drive system to tip.
12. Always disconnect the lat bar from the hard drive system when performing an exercise that does not use the lat bar.
13. When using the stepper, always keep your feet on the pedals. If you lift your feet off the pedals, the pedals could become separated from the resistance cylinders, resulting in injury.
14. The resistance cylinders become very hot during use. Allow the resistance cylinders to cool before touching them.
15. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

**WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. WEIDER assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

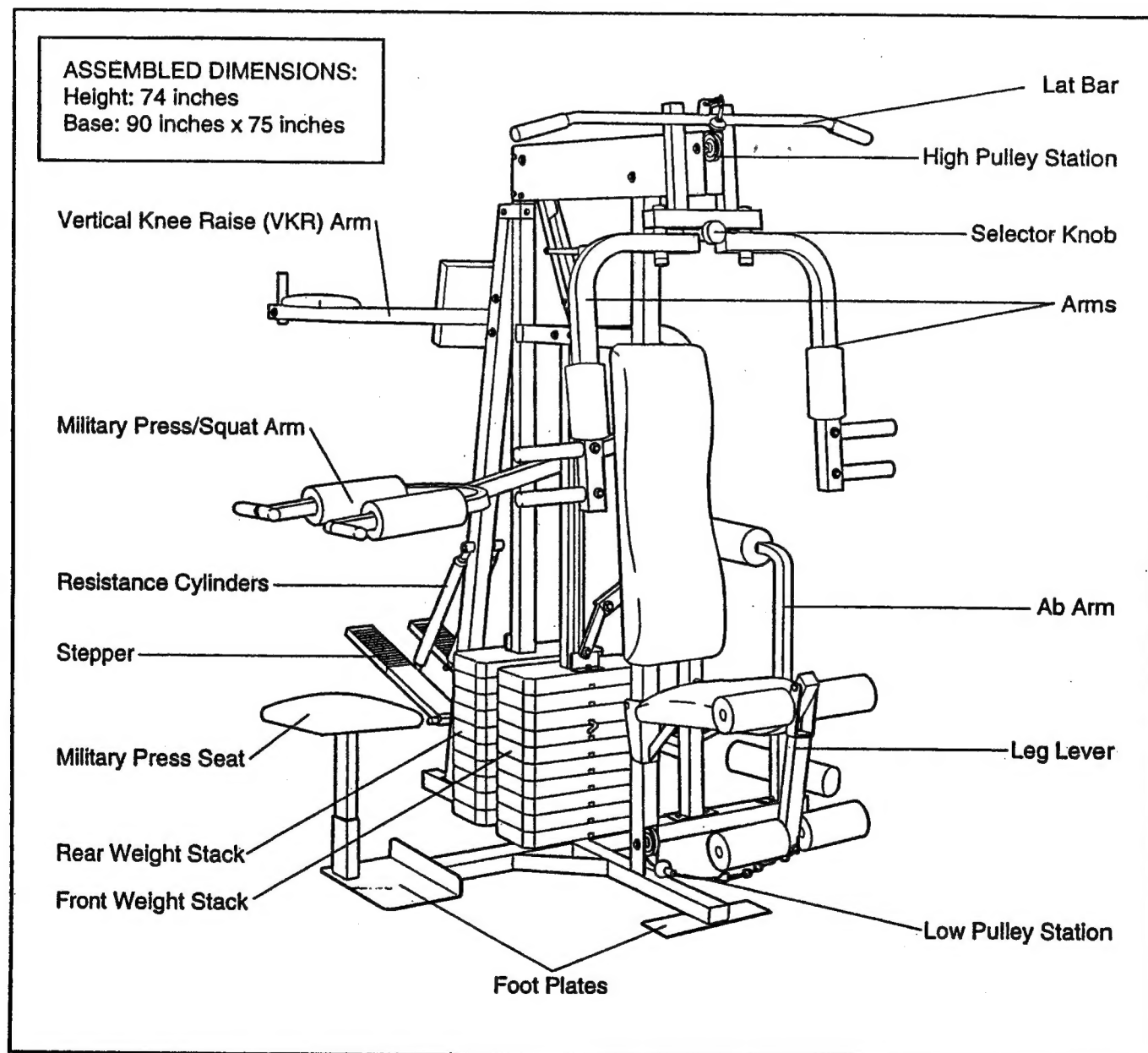
# BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® 8800 Hard Drive System. The WEIDER 8800 offers an impressive array of weight stations designed to develop every major muscle group of the body. In addition, the WEIDER 8800 features an adjustable stepper to let you enjoy true cross-training workouts in the convenience of your home. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the WEIDER 8800 will help you to achieve the specific results you want.

**For your safety and benefit, read this manual carefully before using the WEIDER 8800. If you have**

additional questions, please call our Customer Service Department toll-free at 1-800-225-0653, Monday to Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WG88000. The serial number can be found on a decal attached to the WEIDER 8800 (see the front cover of this owner's manual).

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



# ASSEMBLY

Before beginning assembly, carefully read the following information and instructions:

- Assembly requires two people.
- Due to the size of the weight system, it should be assembled in the location where it will be used.
- Read through each assembly step before you begin the step.
- For help identifying small parts, refer to the PART IDENTIFICATION CHART accompanying this owner's manual.
- Make sure that all parts are oriented exactly as shown in the drawings.

- Tighten all parts as you attach them, unless instructed to do otherwise.

Place all parts of the weight system in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.

The following tools (not included) are required for assembly: Two (2) adjustable wrenches, a phillips screwdriver, and a rubber mallet. Lubricant, such as grease or petroleum jelly, and soapy water are also required. To simplify assembly, the following tools are recommended: A socket set, open or closed wrenches, or ratchet wrenches.

1. Press a 2" Inner Cap (13) and a 2" Outer Cap (127) onto the Base (15). Press a 2" Outer Cap (127) onto the Stabilizer (16). Turn the Stabilizer so the indicated hole is on top.

Insert eight 5/16" x 2 1/2" Carriage Bolts (1) up through the Base (15). Insert three 5/16" x 2 1/2" Carriage Bolts up through the Stabilizer (16).

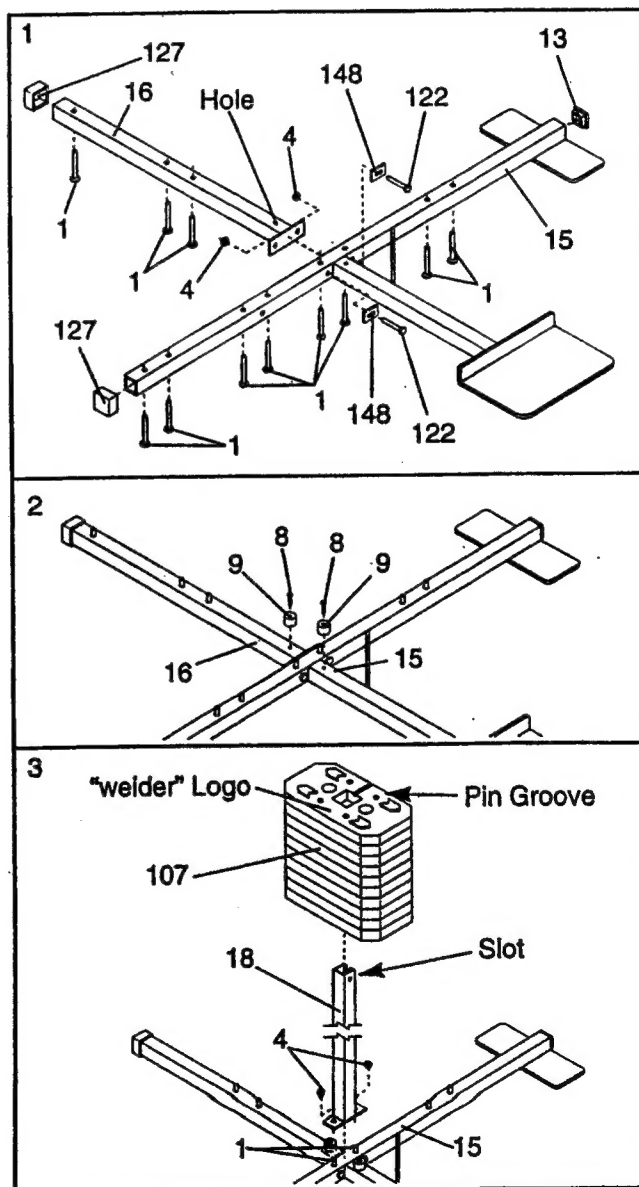
Attach the Stabilizer (16) to the Base (15) with two 5/16" x 2 3/4" Bolts (122), the two 1 1/4" x 2" Rectangular Washers (148), and two 5/16" Nylock Nuts (4).

2. Attach a Rubber Bumper (9) to the Base (15) with a 1 1/4" Tap Screw (8).

Attach a Rubber Bumper (9) to the Stabilizer (16) with a 1 1/4" Tap Screw (8).

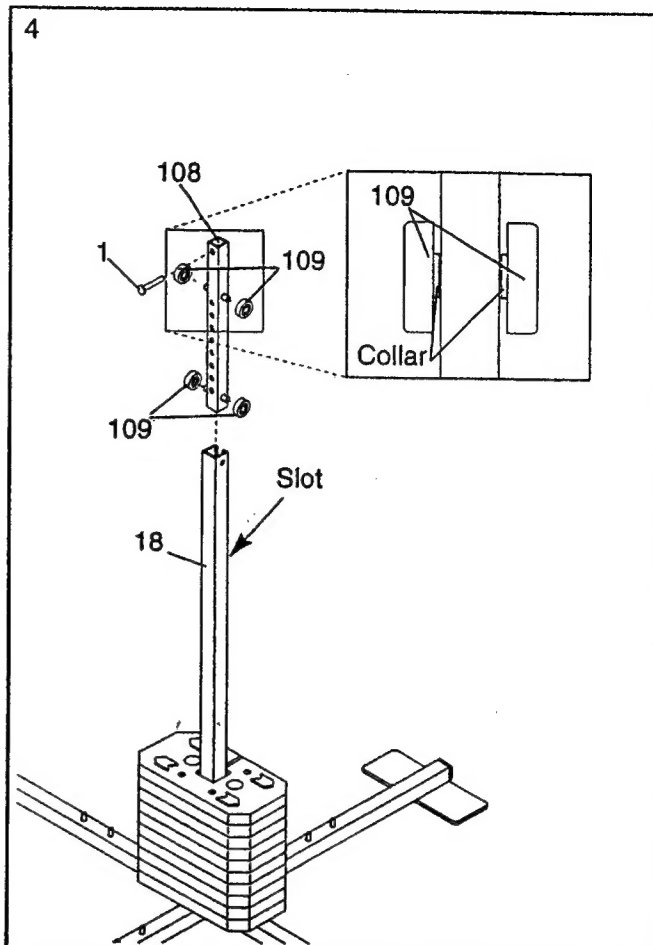
3. Slide the Center Upright (18) onto the two indicated 5/16" x 2 1/2" Carriage Bolts (1) in the Base (15). The Center Upright must be turned so the slot is on the side shown. Attach the Center Upright with two 5/16" Nylock Nuts (4).

Slide ten Weights (107) onto the Center Upright (18). Each Weight must be turned so the "welder" logo is on top, and the pin groove is on the same side of the Center Upright as the slot.



4. Insert a 5/16" x 2 1/2" Carriage Bolt (1) through a Weight Tube (108).

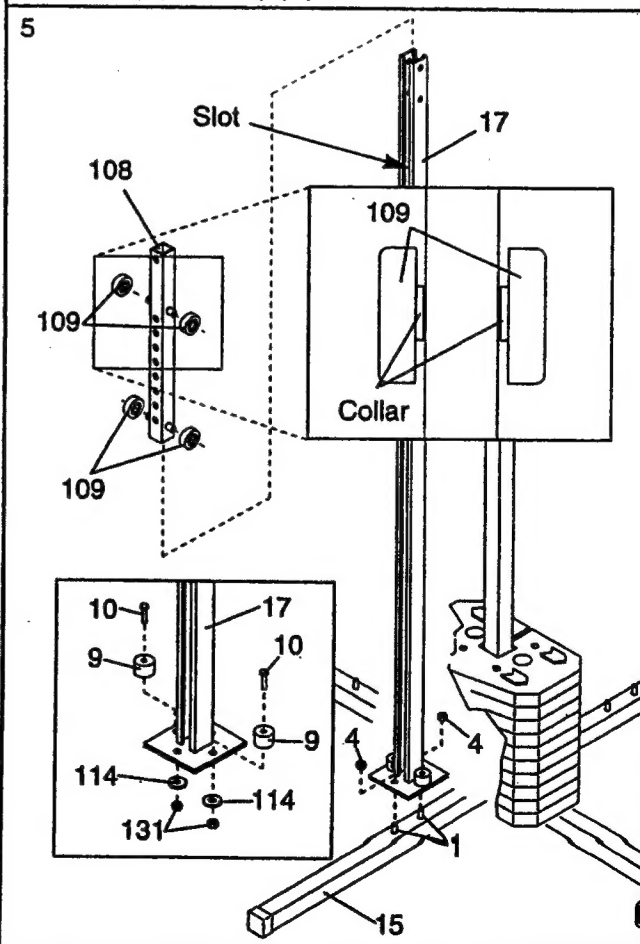
Slide four Rollers (109) onto the pins on the Weight Tube (108). Each Roller must be turned so the collar is facing the Weight Tube (see the inset drawing). Slide the Weight Tube down into the Center Upright (18). The Weight Tube must be turned so the **threaded end** of the 5/16" x 2 1/2" Carriage Bolt (1) is on the same side of the Center Upright as the slot.



5. Slide the Rear Upright (17) onto the two indicated 5/16" x 2 1/2" Carriage Bolts (1) in the Base (15). The Rear Upright must be turned so the slot is on the side shown. Attach the Rear Upright with two 5/16" Nylock Nuts (4).

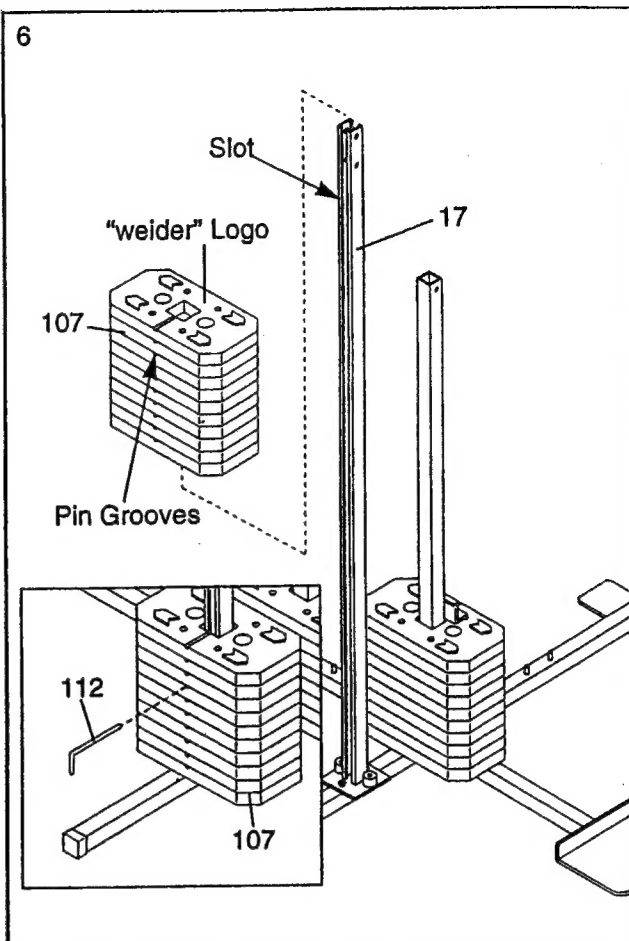
(See the lower inset drawing.) Attach a Rubber Bumper (9) to each side of the Rear Upright (17) with a #8-32 Screw (10), #8 Washer (114) and #8-32 Nut (131).

Slide four Rollers (109) onto the pins on a Weight Tube (108). Each Roller must be turned so the collar is facing the Weight Tube (see the upper inset drawing). Slide the Weight Tube down into the Rear Upright (17).



6. Slide ten Weights (107) onto the Rear Upright (17). Each Weight must be turned so the "weider" logo is on top, and the pin groove is on the same side of the Center Upright as the slot.

(See the inset Drawing.) Insert an "L"-Pin (112) under one of the Weights (107) in the indicated Weight stack. Make sure to insert the "L"-Pin until the bent end of the "L"-Pin is touching the Weights, and turn the bent end downward.

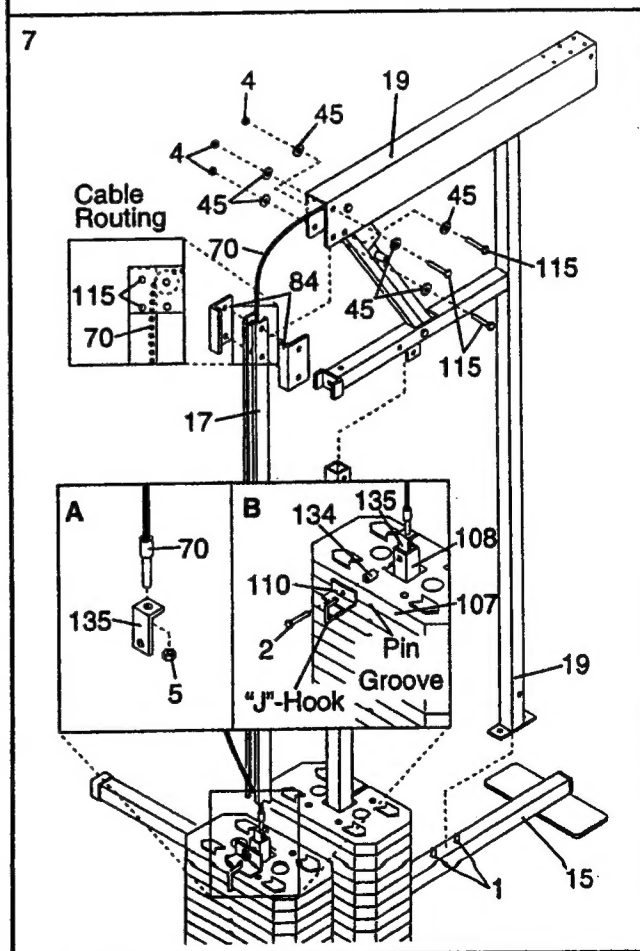


7. Slide the Front Upright (19) onto the two indicated 5/16" x 2 1/2" Carriage Bolts (1) in the Base (15). Insert the end of the Weight Cable (70) down into the Rear Upright (17).

Insert the Upright Brackets (84) between the Front Upright (19) and the upper end of the Rear Upright (17). Attach the Front Upright and the Upright Brackets to the Rear Upright with two 5/16" x 3 1/4" Bolts (115), four 5/16" Flat Washers (45) and two 5/16" Nylock Nuts (4). **Do not tighten the Nylock Nuts yet. Note: The Weight Cable (70) must be on the side of the Bolts shown in the small inset drawing.** Tighten a 5/16" x 3 1/4" Bolt (115), two 5/16" Flat Washers (45) and a 5/16" Nylock Nut (4) into the remaining hole in the Front Upright (19).

(See inset drawing A.) Insert the threaded end of the Weight Cable (70) into the Cable Bracket (135). Thread a 1/4" Nylock Nut (5) about halfway up the threaded end of the Weight Cable.

(See inset drawing B.) Insert the Cable Bracket (135) into the top of the Weight Tube (108). Slide a Weight Bracket (110) and 1/2" x 7/16" Bushing (134) onto the 5/16" x 1 1/4" Bolt (2). Insert the Bolt into the Weight Tube and tighten it into the Cable Bracket. The "J"-hook on the Weight Bracket (110) must be inserted into the pin groove under the top Weight (107).

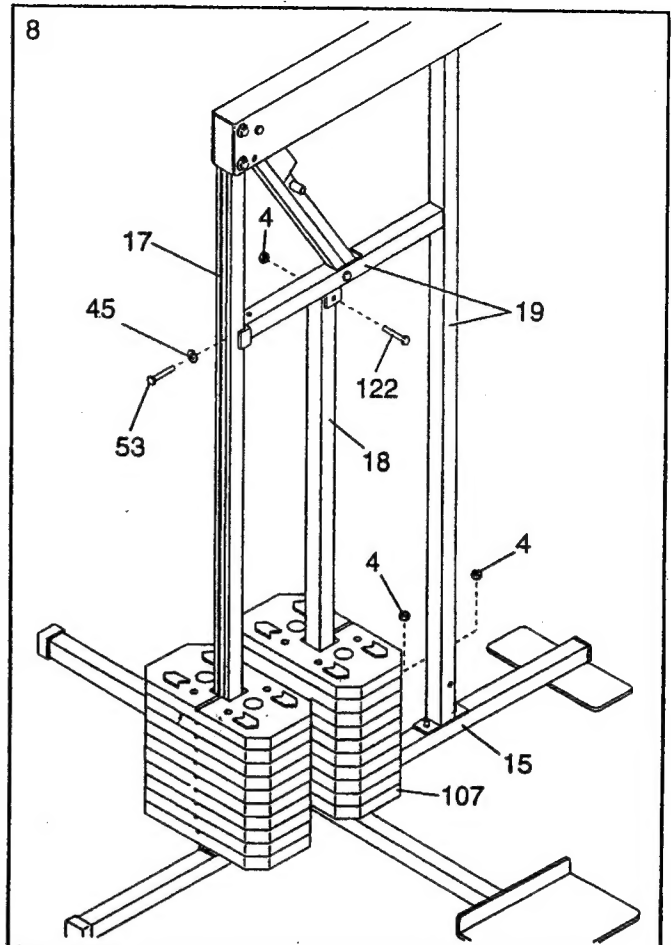




8. Attach the Front Upright (19) to the Base (15) with two 5/16" Nylock Nuts (4). **Do not tighten the Nylock Nuts yet.**

Attach the Front Upright (19) to the Center Upright (18) with a 5/16" x 2 3/4" Bolt (122) and 5/16" Nylock Nut (4). **Do not tighten the Nylock Nut yet.**

Attach the Front Upright (19) to the Rear Upright (17) with a 5/16" x 1 1/4" Screw (53) and 5/16" Flat Washer (45).



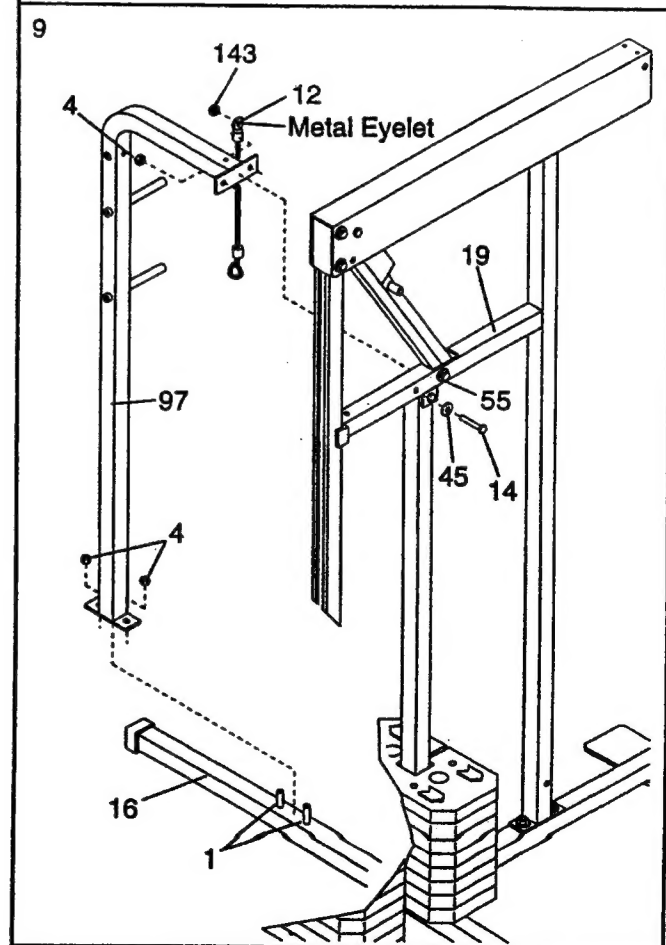
9. Remove the 3/8" Jam Nut (143) from the indicated 3/8" x 2 3/4" Bolt (55). **Do not remove the Bolt.**

Slide the Ab Upright (97) onto the 3/8" x 2 3/4" Bolt (55) and the two indicated 5/16" x 2 1/2" Carriage Bolts (1) in the Stabilizer (16).

Slide the metal eyelet-end of the Stop Cable (12) onto the 3/8" x 2 3/4" Bolt (55) and reattach the 3/8" Jam Nut (143) to the Bolt. Attach the Ab Upright (97) to the Front Upright (19) with the 5/16" x 2 1/2" Bolt (14), a 5/16" Flat Washer (45) and a 5/16" Nylock Nut (4). **Do not tighten the Nuts yet.**

Attach the Ab Upright (97) to the Stabilizer (16) with two 5/16" Nylock Nuts (4).

**Tighten all Nuts used in assembly steps 7 through 9.**



10. Press a 1" Round Cap (43) and a 1 3/4" Inner Cap (29) into each side of the Arm Frame (41).

Apply lubricant to the indicated rod on the Arm Frame (41). Hold the rod between the two Arm Frame Bushings (60). Set the Arm Plate (149), the Arm Frame Bushings and the Arm Frame on the Front Upright (19). The Arm Frame must be turned so the indicated brackets are facing away from the Front Upright. Place the Arm Frame Cap (59) over the Arm Frame Bushings. Attach the Arm Frame Cap to the Front Upright with four 1/4" x 3/4" Screws (7), 1/4" Flat Washers (6), and 1/4" Nylock Nuts (5).

11. Attach the Bar Holder (58) to the Front Upright (19) with the two 1/4" x 3/4" Taper Screws (89) and two 1/4" Nylock Nuts (5).

Apply lubricant to the axles on the Arm Frame (41). Slide the Right Arm (105) onto the right axle. **The upper end of the Right Arm must be between the indicated bracket and the Front Upright (19).** Hold two 1" Retainers (50) and a 1" Plastic Cap (51) against the lower end of the axle. The teeth on the Retainers must bend toward the Plastic Cap. Tap the Retainers and Plastic Cap onto the axle.

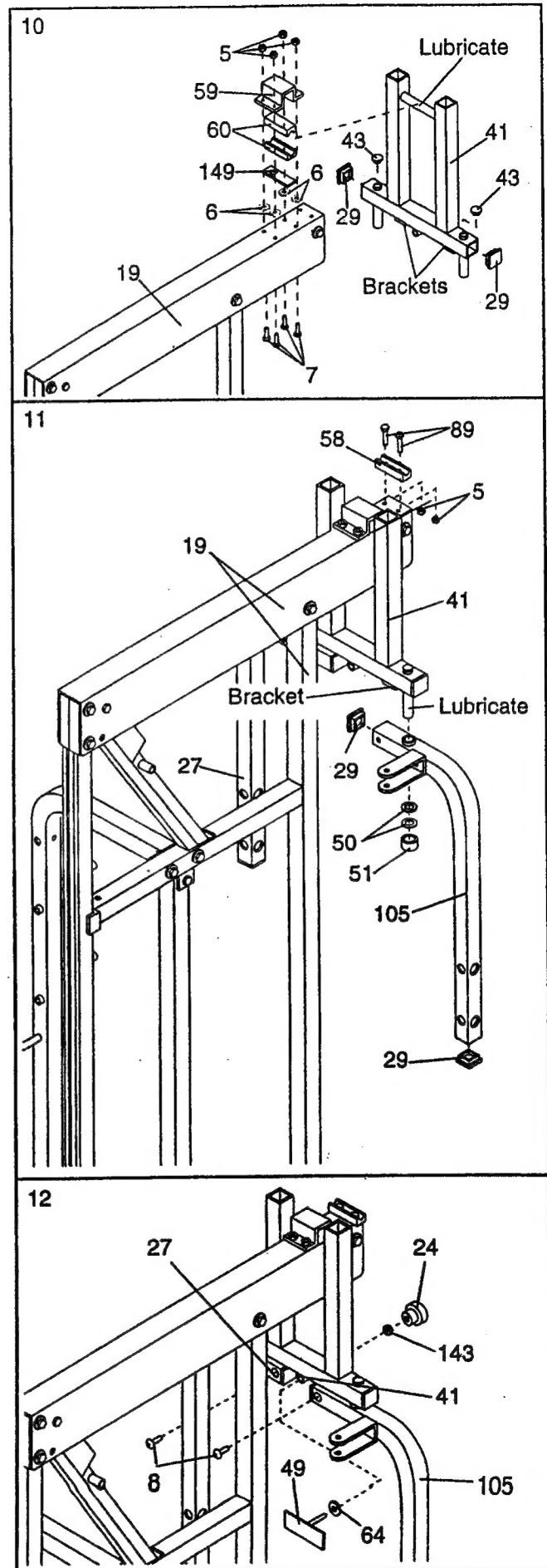
Press two 1 3/4" Inner Caps (29) into the Right Arm (105).

Assemble the Left Arm (27) to the Arm Frame (41) in the same manner.

12. Tighten 1 1/4" Tap Screws (8) into the upper ends of the Left and Right Arms (27, 105).

Slide a 3/8" Flat Washer (64) onto the threaded shaft of the Selector Plate (49). Insert the shaft through the Arm Frame (41) from the indicated side. Tighten a 3/8" Jam Nut (143) onto the shaft. **Do not overtighten the Jam Nut; the Selector Plate must turn freely.** Tighten the Selector Knob (24) onto the shaft.

Back the 1 1/4" Tap Screws (8) out of the Left and Right Arms (27, 105) until there is no movement in the Arms when the Selector Plate (49) is turned to the horizontal position.



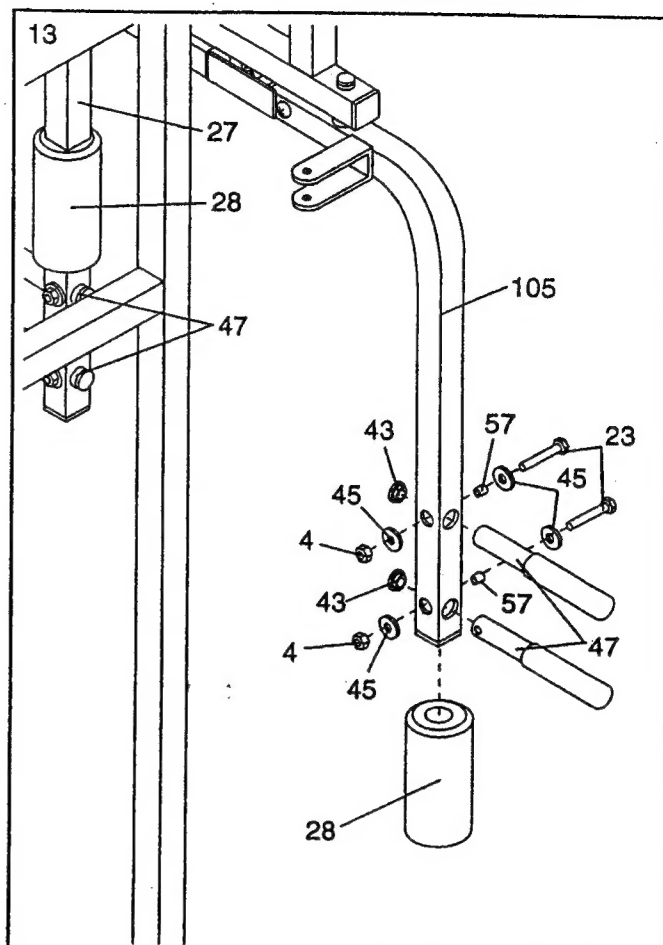


13. Wet the lower ends of the Left and Right Arms (27, 105) with soapy water. Slide an 8" Foam Pad (28) about halfway up each Arm.

Insert two Short Handles (47) into the Right Arm (105). Attach each Short Handle with a 5/16" x 2 1/4" Bolt (23), two 5/16" Flat Washers (45), a 1/2" x 3/8" Bushing (57) and a 5/16" Nylock Nut (4) as shown.

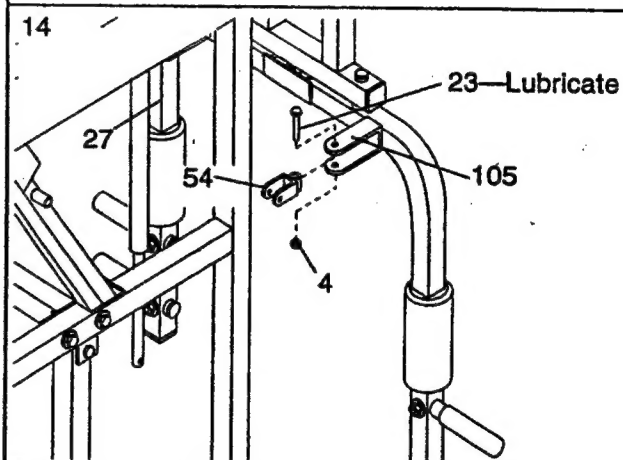
Press a 1" Round Cap (43) into each Short Handle (47).

Attach two Short Handles (47) to the Left Arm (27) in the same manner.



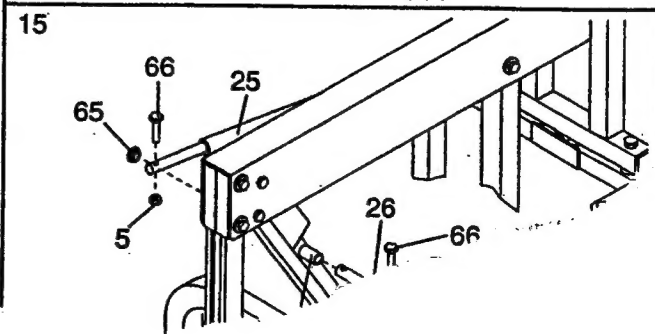
14. Apply lubricant to a 5/16" x 2 1/4" Bolt (23). Attach a Swivel "U"-Bracket (54) to the bracket on the Right Arm (105) with the Bolt and a 5/16" Nylock Nut (4). The Swivel "U"-Bracket must swivel freely.

Attach a Swivel "U"-Bracket (not shown) to the bracket on the Left Arm (27) in the same manner.



15. Extend one of the Arm Shocks (25) and apply a liberal amount of lubricant around the indicated location. Apply lubricant to the other Arm Shock in the same manner. Insert the Shock Bar (26) into the Pivot Arm (75) and center it. Attach one of the Arm Shocks to the Shock Bar with a 1/4" x 1 1/4" Bolt (66) and 1/4" Nylock Nut (5).

Attach the other Arm Shock (25) to the Shock Bar (26) in the same manner.



16. Hold the Pivot Arm (75) stationary in the position shown. Align the hole in the end of the right Arm Shock (25) with the holes in the right Swivel "U"-Bracket (54). If the Arm Shock will not extend far enough, it must be adjusted. Press the Arm Shock together until it is as short as possible. Using a phillips screwdriver, turn the adjustment screw inside the Arm Shock counterclockwise a few turns. Repeat until the hole in the Arm Shock can be aligned with the holes in the Swivel "U"-Bracket. Attach the Arm Shock to the Swivel "U"-Bracket with a 5/16" x 1 3/4" Bolt (52) and 5/16" Nylock Nut (4).

Attach the left Arm Shock (not shown) to the left Swivel "U"-Bracket (not shown) in the same manner.

17. Attach the Small "U"-Bracket (21) to the upper end of the Large Backrest (30) with a 1/4" x 3/4" Screw (7).

Attach the Adjustment Bracket (22) to the lower end of the Large Backrest (30) with a 1/4" x 3/4" Screw (7).

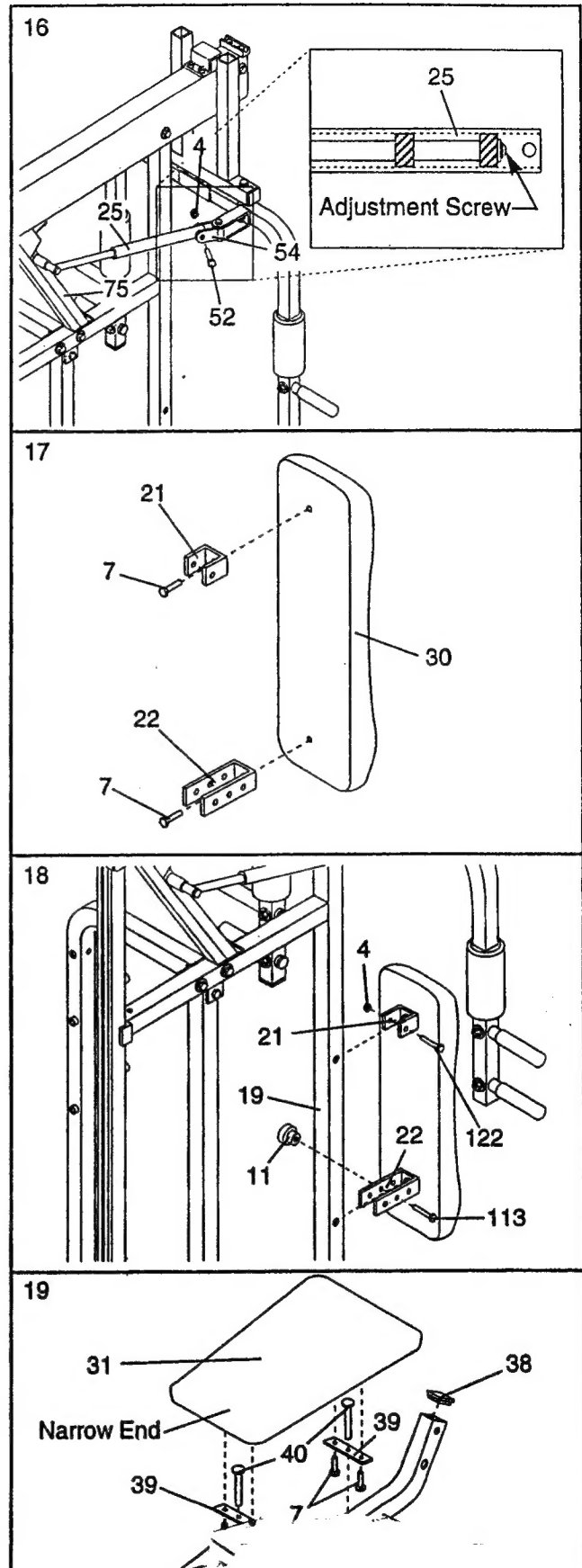
18. Align the holes in the Small "U"-Bracket (21) with the indicated hole in the Front Upright (19). Attach the Small "U"-Bracket to the Front Upright with a 5/16" x 2 3/4" Bolt (122) and 5/16" Nylock Nut (4).

Align one of the three sets of holes in the Adjustment Bracket (22) with the indicated hole in the Front Upright (19). Insert a 5/16" x 2 3/4" Carriage Bolt (113) through the Adjustment Bracket and the Front Upright. Tighten a 5/16" Knob (11) onto the Bolt.

19. Press a 1 1/2" Inner Cap (38) into the Seat Frame (32).

Attach two Seat Brackets (39) to the Seat Frame (32) with 1/4" x 2 1/4" Carriage Bolts (40), 1/4" Flat Washers (6) and 1/4" Nylock Nuts (5).

Attach the Seat (31) to the Seat Brackets (39) with 1/4" Screws (7). The narrow end of the seat is the bracket on the Seat

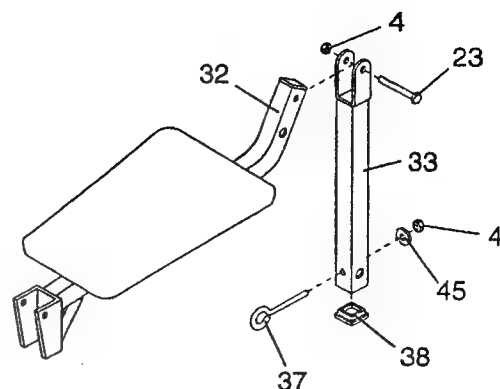


20. Press a 1 1/2" Inner Cap (38) into the Leg Lever (33).

Attach the Leg Lever (33) to the Seat Frame (32) with a 5/16" x 2 1/4" Bolt (23) and 5/16" Nylock Nut (4). **Do not overtighten the Nylock Nut; the Leg Lever must pivot freely.**

Insert the 5/16" x 2" Eyebolt (37) through the Leg Lever (33) from the side shown. Slide a 5/16" Flat Washer (45) onto the Eyebolt and tighten a 5/16" Nylock Nut (4) onto the Eyebolt.

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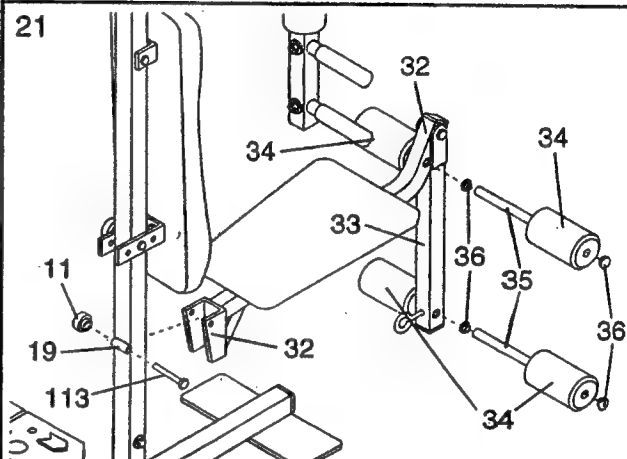


21. Press 3/4" Plastic Caps (36) into the ends of two Pad Tubes (35).

Insert one Pad Tube (35) into the Seat Frame (32). Center the Pad Tube and slide a 7" Foam Pad (34) onto each end of it. Insert the other Pad Tube into the Leg Lever (33) and slide a 7" Foam Pad onto each end of it.

Align the bracket on the Seat Frame (32) with the indicated tube on the Front Upright (19). Insert a 5/16" x 2 3/4" Carriage Bolt (113) through the Seat Frame and the Front Upright. Tighten a 5/16" Knob (11) onto the Bolt.

21

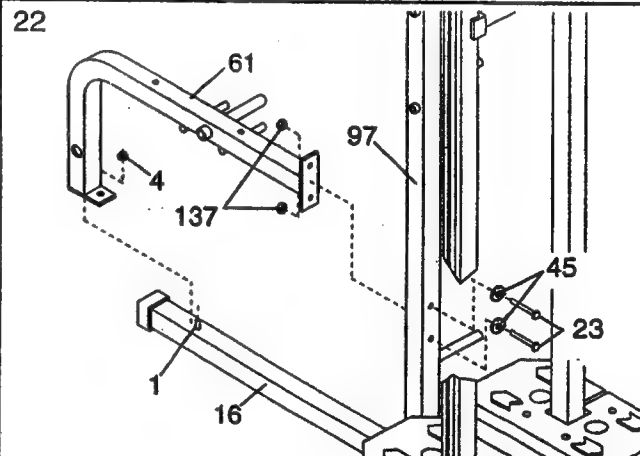


22. Slide the Ab Seat Frame (61) onto the indicated 5/16" x 2 1/2" Carriage Bolt (1) in the Stabilizer (16). Attach the Ab Seat Frame with a 5/16" Nylock Nut (4). **Do not tighten the Nylock Nuts yet.**

Attach the Ab Seat Frame (61) to the Ab Upright (97) with two 5/16" x 2 1/4" Bolts (23), 5/16" Flat Washers (45) and 5/16" Jam Nuts (137).

**Tighten the 5/16" Nylock Nut (4) and the 5/16" Jam Nut (137) used in this step.**

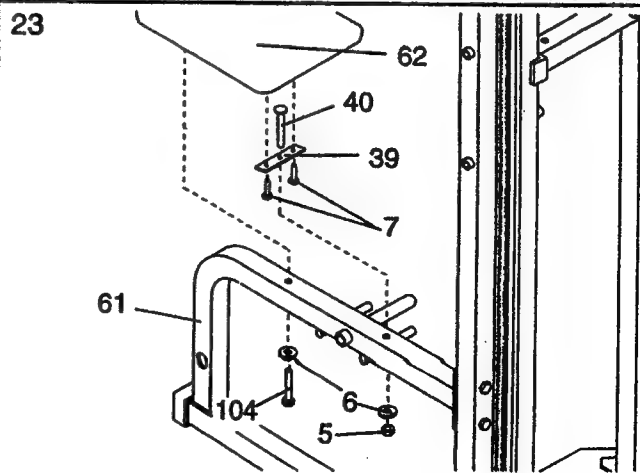
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23. Attach a Seat Bracket (39) to the Ab Seat Frame (61) with a 1/4" x 2 1/4" Carriage Bolt (40), 1/4" Flat Washer (6) and 1/4" Nylock Nut (5).

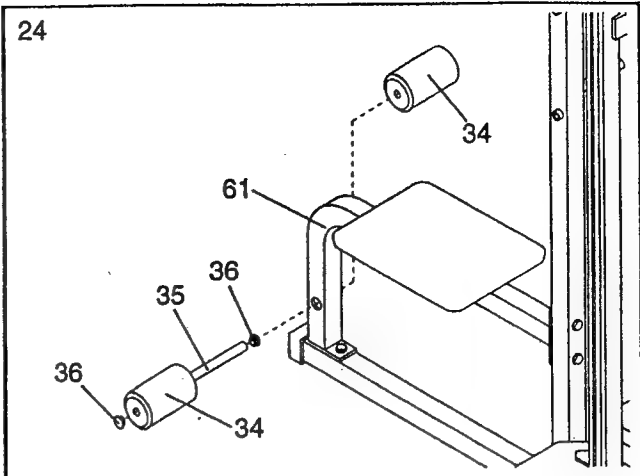
Attach the Ab Seat (62) to the Seat Bracket (39) with two 1/4" x 3/4" Screws (7). Attach the Ab Seat to the Ab Seat Frame (61) with the 1/4" x 2 1/4" Machine Screw (104) and a 1/4" Flat Washer (6).

23



24. Press two 3/4" Round Caps (36) into a Pad Tube (35).

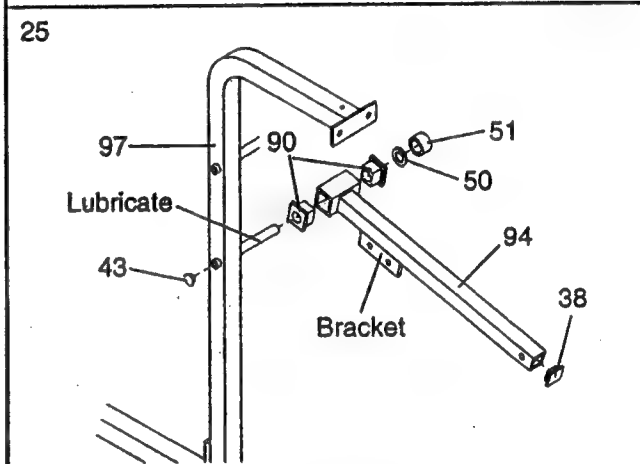
Insert the Pad Tube (35) into the Ab Seat Frame (61). Center the Pad Tube and slide a 7" Foam Pad (34) onto each end of it.



25. Press a 1 1/2" Inner Cap (38) and two 1 3/8" Square Bushings (90) into the Lever (94).

Apply lubricant to the indicated axle on the Ab Upright (97). Slide the Lever (94) onto the axle. The Lever must be turned so the bracket is on the underside. Hold a 1" Retainer (50) and 1" Plastic Cap (51) against the end of the axle. The teeth on the Retainer must bend toward the Plastic Cap. Tap the Retainer and Plastic Cap onto the axle.

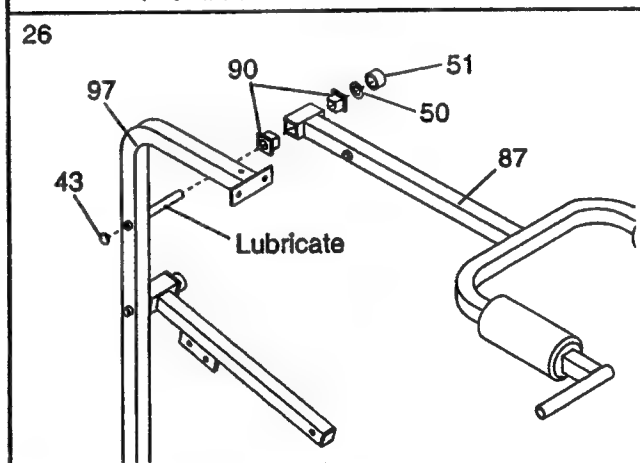
Press a 1" Round Cap (43) into the indicated hole in the Ab Upright (97).



26. Press two 1 3/8" Bushings (90) into the Military Press/Squat Arm (87).

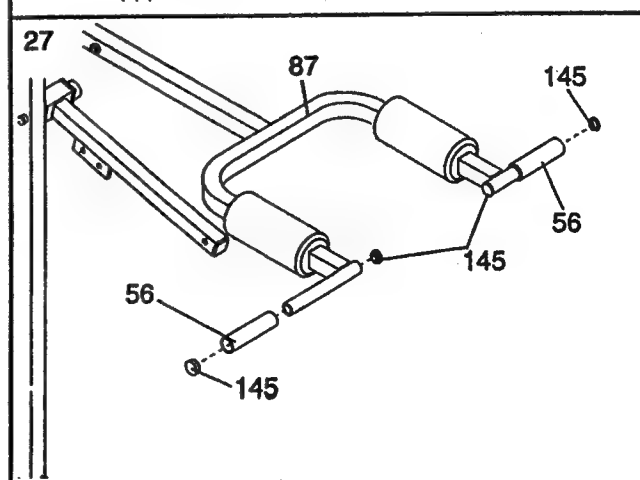
Apply lubricant to the indicated axle on the Ab Upright (97). Slide the Military Press/Squat Arm (87) onto the axle. Hold a 1" Retainer (50) and 1" Plastic Cap (51) against the end of the axle. The teeth on the Retainer must bend toward the Plastic Cap. Tap the Retainer and Plastic Cap onto the axle.

Press a 1" Round Cap (43) into the indicated hole in the Ab Upright (97).



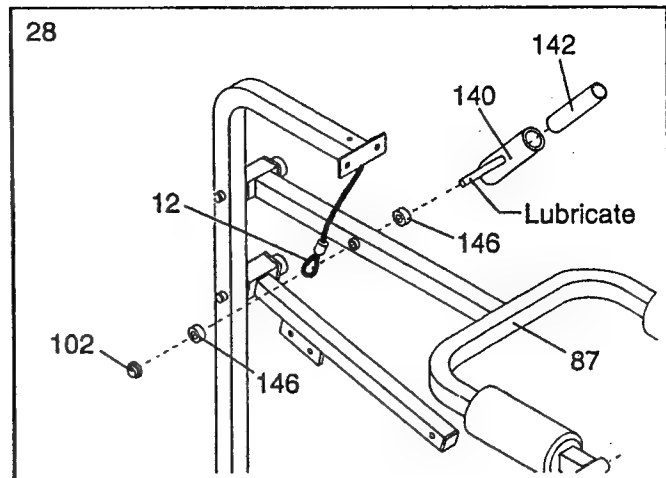
27. Press four 1 1/4" Round Caps (145) into the Military Press/Squat Arm (87).

Wet the handles of the Military Press/Squat Arm (87) with soapy water. Slide the two Foam Grips (56) onto the handles.



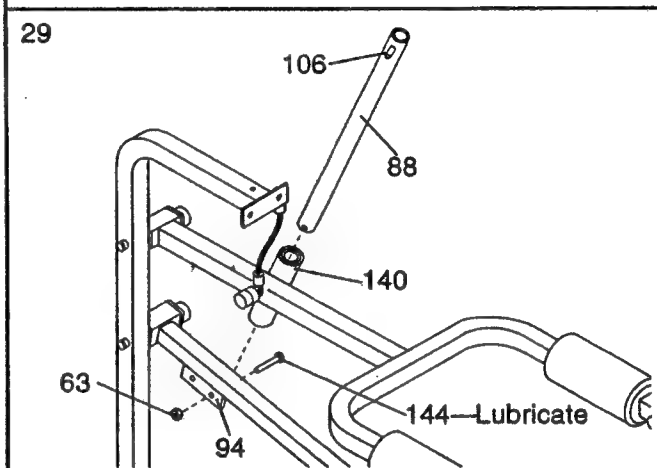
28. Insert the Pivot Bracket Bushing (142) into the Pivot Bracket (140).

Lubricate the axle on the Pivot Bracket (140). Slide a 3/8" x 3/8" Spacer (146) onto the axle on the Pivot Bracket. Insert the axle through the Military Press/Squat Arm (87) from the side shown. Slide the end of the Stop Cable (12) and another 3/8" x 3/8" Spacer (146) onto the axle. Tap the 1/2" Hat Cap (102) onto the axle.

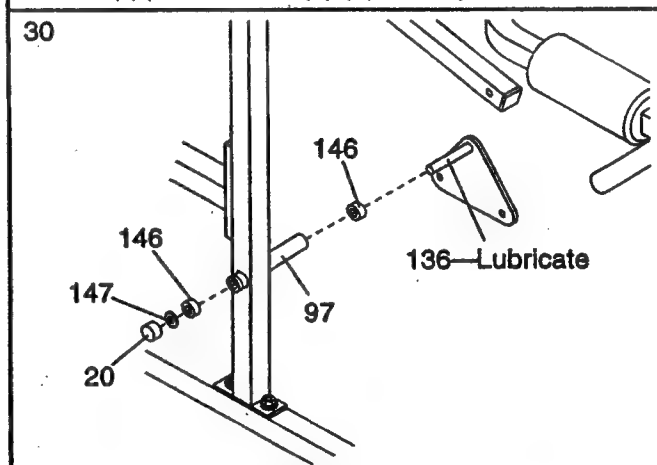


29. Slide the Large Link Tube (88) down into the Pivot Bracket (140) until the 1 1/2" Roll Pin (106) in the Link Tube is resting against the Pivot Bracket.

Lubricate the 3/8" x 4" Bolt (144). Attach the Large Link Tube (88) to the indicated end of the bracket on the Lever (94) with the Bolt and a 3/8" Nylock Nut (63).

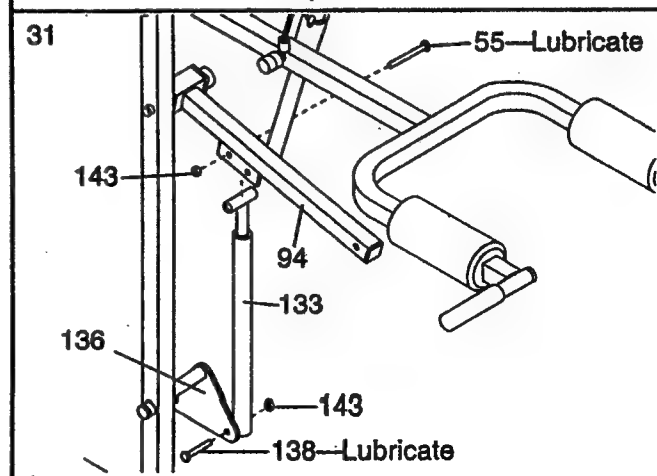


30. Lubricate the axle on the Linkage Bracket (136). Slide a 3/8" x 3/8" Spacer (146) onto the axle. Insert the axle through the Ab Upright (97) from the side shown. Slide another 3/8" x 3/8" Spacer (146) onto the axle. Hold a 1/2" Retainer (147) and 1/2" Plastic Cap (20) against the end of the axle. The teeth on the Retainer must bend toward the Plastic Cap. Tap the Retainer and Plastic Cap onto the axle.



31. Lubricate the 3/8" x 2 3/4" Bolt (55). Hold the tube at the upper end of the Military Press/Squat Arm Shock (133) inside the bracket on the Lever (94). Insert the Bolt through the bracket and Shock. Tighten a 3/8" Jam Nut (143) onto the Bolt. **Do not overtighten the 3/8" Jam Nut; the Shock must be able to swivel freely.**

Lubricate a 3/8" x 1 1/2" Bolt (138). Attach the other end of the Military Press/Squat Arm Shock (133) to the Linkage Bracket (136) with the Bolt and a 3/8" Jam Nut (143). **Do not overtighten the 3/8" Jam Nut; the Shock must be able to swivel freely.**

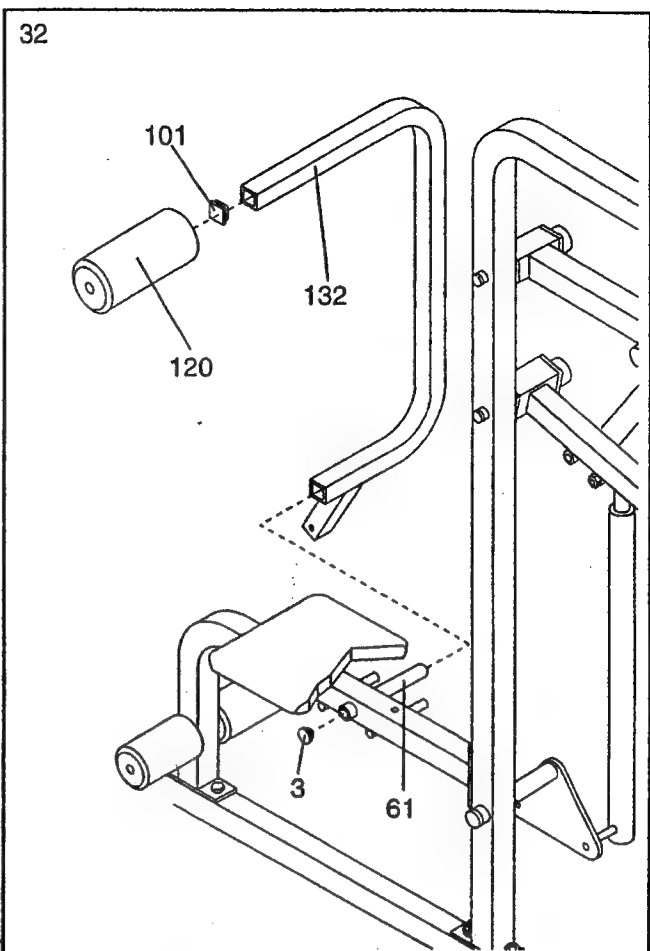


32. Press the 1 1/4" Inner Cap (101) into the Ab Arm (132).

Slide the Ab Arm (132) onto the indicated axle on the Ab Seat Frame (61).

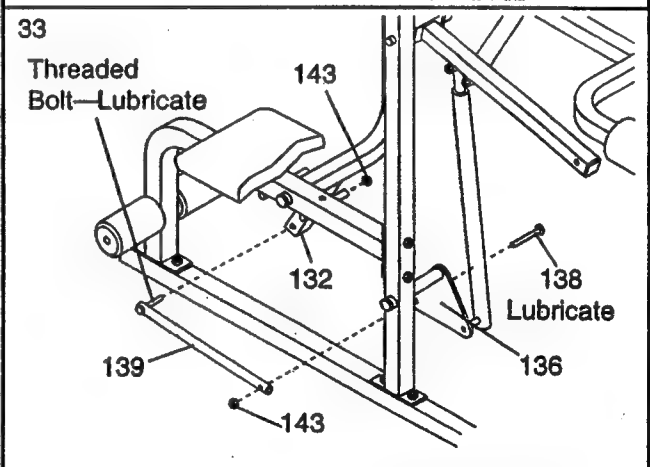
Wet the upper end of the Ab Arm (132) with soapy water. Slide the 10" Foam Pad (120) onto the Ab Arm.

Press the 7/8" Round Cap (3) into the indicated hole in the Ab Seat Frame (61).

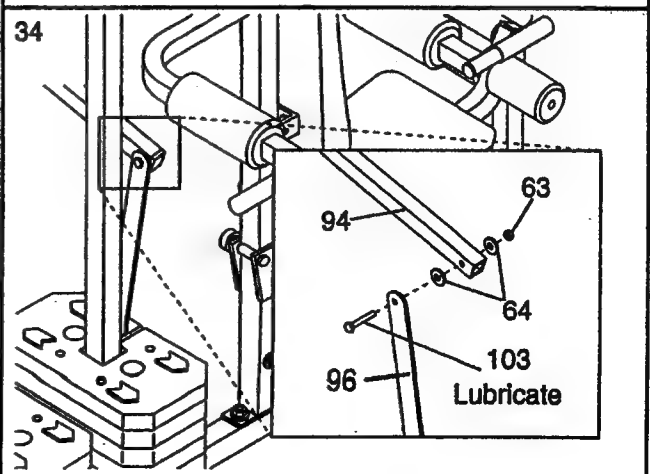


33. Lubricate the threaded bolt in the Small Link Tube (139). Insert the threaded bolt into the Ab Arm (132) and tighten a 3/8" Jam Nut (143) onto the threaded bolt. **Do not overtighten the 3/8" Jam Nut; the Small Link Tube must swivel freely.**

Lubricate the 3/8" x 1 1/2" Bolt (138). Attach the other end of the Small Link Tube (139) to the Linkage Bracket (136) with the Bolt and a 3/8" Jam Nut (143). **Do not overtighten the 3/8" Jam Nut; the Small Link Tube must swivel freely.**



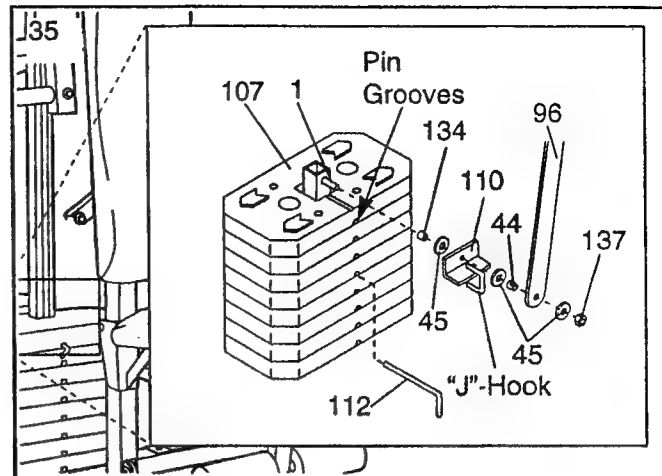
34. Lubricate the 3/8" x 2 1/2" Carriage Bolt (103). Attach the Link Arm (96) to the Lever (94) with the Carriage Bolt, two 3/8" Flat Washers (64), and a 3/8" Nylock Nut (63). **Do not overtighten the 3/8" Nylock Nut; the Link Arm must swivel freely.**





35. Insert an "L"-Pin (112) under the one of the Weights (107). Make sure to insert the "L"-Pin until the bent end of the "L"-Pin is touching the Weights, and turn the bent end downward.

Slide a 1/2" x 7/16" Bushing (134), a 5/16" Flat Washer (45), a Weight Bracket (110), another 5/16" Flat Washer (45) and the 1/2" x 1/4" Bushing (44) onto the indicated 5/16" x 2 1/2" Carriage Bolt (1). **The "J"-hook on the Weight Bracket must be inserted into the pin groove under the top Weight (107).** Slide the Link Arm (96) and another 5/16" Flat Washer (45) onto the Carriage Bolt. Tighten a 5/16" Jam Nut (137) onto the Carriage Bolt.



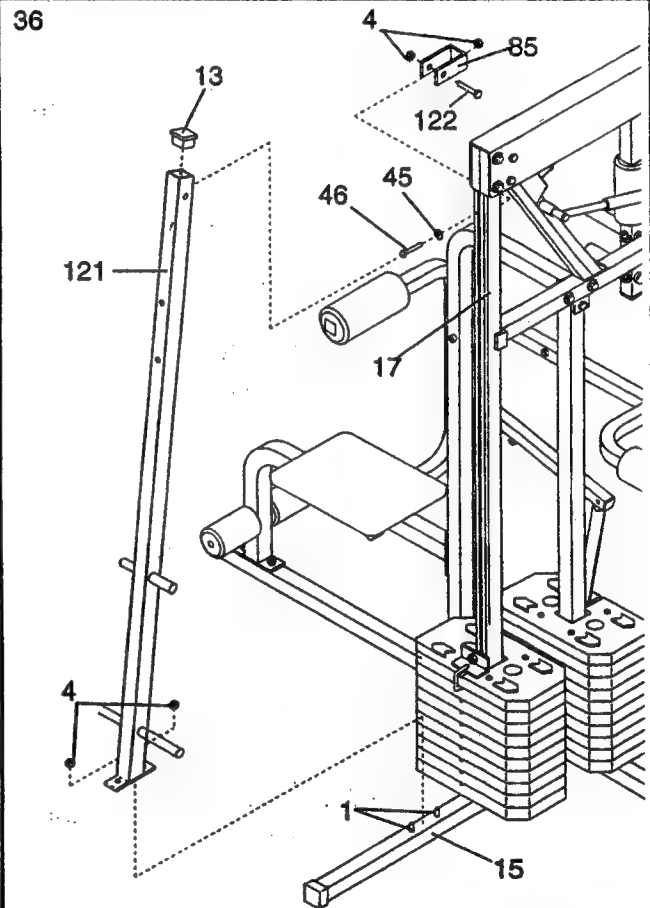
36. Attach the Large "U"-Bracket (85) to the Rear Upright (17) with the 5/16" x 3/4" Bolt (46), a 5/16" Flat Washer (45) and a 5/16" Nylock Nut (4).

Press a 2" Inner Cap (13) into the Stepper Upright (121).

Slide the Stepper Upright (121) onto the two indicated 5/16" x 2 1/2" Carriage Bolts (1) in the Base (15). Attach the Stepper Upright with two 5/16" Nylock Nuts (4). **Do not tighten the Nylock Nuts yet.**

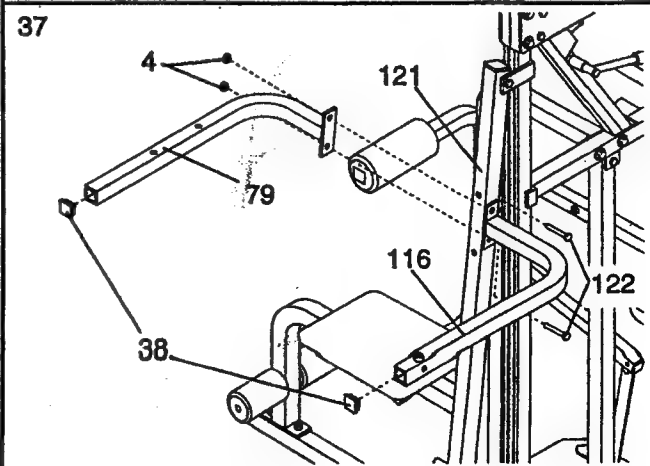
Attach the upper end of the Stepper Upright (121) to the Large "U"-Bracket (85) with a 5/16" x 2 3/4" Bolt (122) and 5/16" Nylock Nut (4).

**Tighten the three 5/16" Nylock Nuts (4) used in this step.**



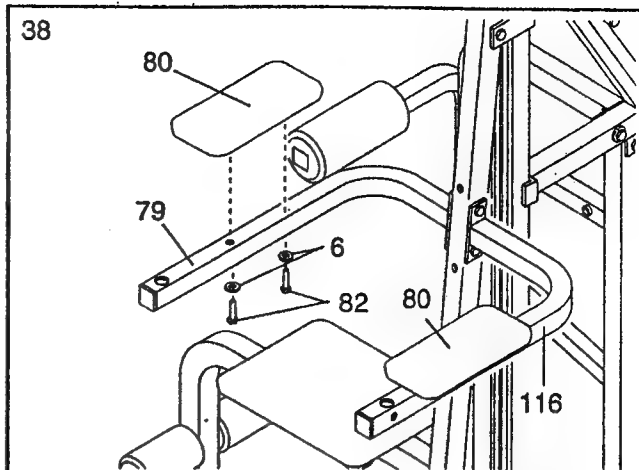
37. Press 1 1/2" Inner Caps (38) into the Right and Left VKR Arms (79, 116).

Attach the Left and Right VKR Arms (79, 116) to the Stepper Upright (121) with two 5/16" x 2 3/4" Bolts (122) and 5/16" Nylock Nuts (4).



38. Attach a VKR Armrest (80) to the Right VKR Arm (79) with two 1/4" x 2" Screws (82) and 1/4" Flat Washers (6).

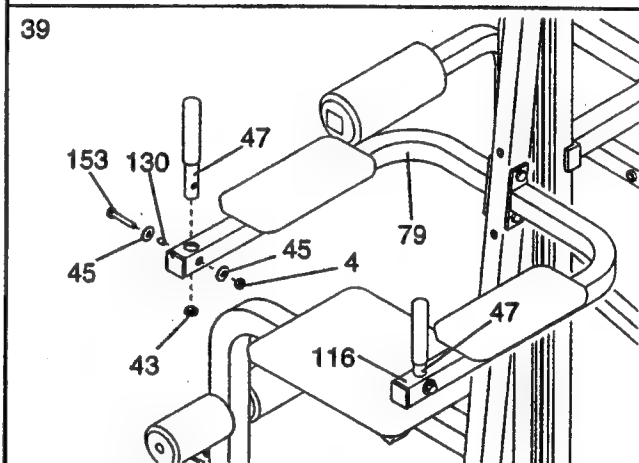
Attach a VKR Armrest (80) to the Left VKR Arm (116) in the same manner.



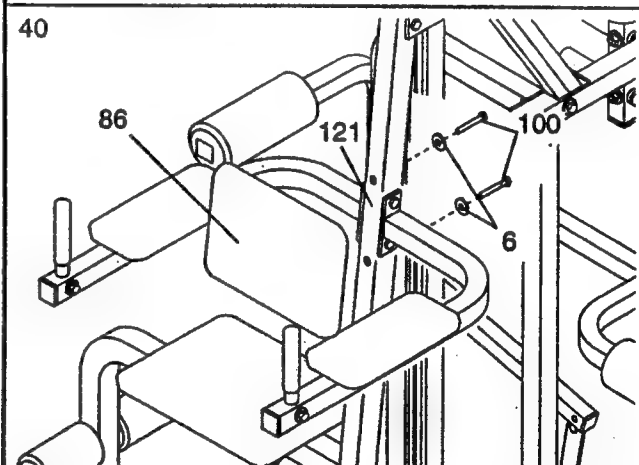
39. Insert a Short Handle (47) into the Right VKR Arm (79). Attach the Short Handle with a 5/16" x 2" Bolt (153), two 5/16" Flat Washers (45), a 1/2" x 5/16" Bushing (130) and a 5/16" Nylock Nut (4).

Press a 1" Round Cap (43) into the Short Handle (47).

Attach the other Short Handle (47) to the Left VKR Arm (116) in the same manner.

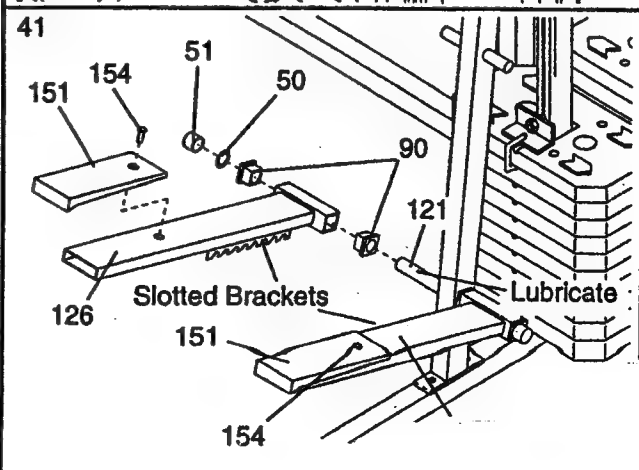


40. Attach the Small Backrest (86) to the Stepper Upright (121) with the two 1/4" x 2 1/2" Screws (100) and two 1/4" Flat Washers (6).

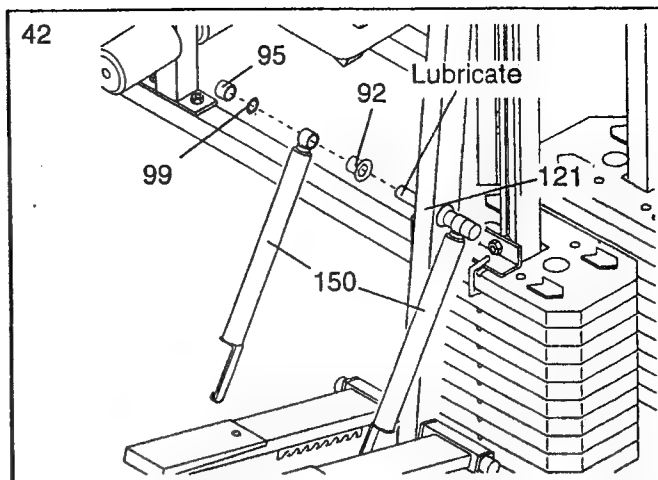


41. Press two 1 3/8" Bushings (90) into the Left Pedal (126), and two Bushings into the Right Pedal (152). Attach a Pedal Cap (151) to each Pedal with a 1/2" Tap Screw (154).

Apply lubricant to the pedal axes on the Stepper Upright (121). Slide the Right Pedal (152) onto the right pedal axis, and the Left Pedal (126) onto the left pedal axis. **Note: Make sure that the Pedals are on the correct sides; the slotted brackets must be on the insides of the Pedals.** Hold a 1" Retainer (50) and 1" Plastic Cap (51) against the end of the left pedal axis. The teeth on the Retainer must bend toward the Plastic Cap. Tap the Retainer and Plastic Cap onto the pedal axis. Attach the Right Pedal in the same manner.

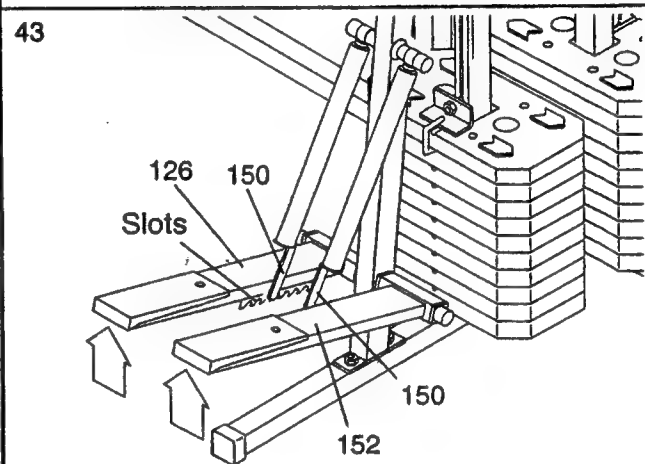


42. Apply lubricant to the cylinder axles on the Stepper Upright (121). Slide a 5/8" Spacer (92) and a Resistance Cylinder (150) onto each cylinder axle. Hold a 5/8" Retainer (99) and 5/8" Plastic Cap (95) against the end of the left cylinder axle. The teeth on the Retainer must bend toward the Plastic Cap. Tap the Retainer and Plastic Cap onto the cylinder axle. Tap a 5/8" Retainer (99) and 5/8" Plastic Cap (95) onto the right cylinder axle in the same manner.



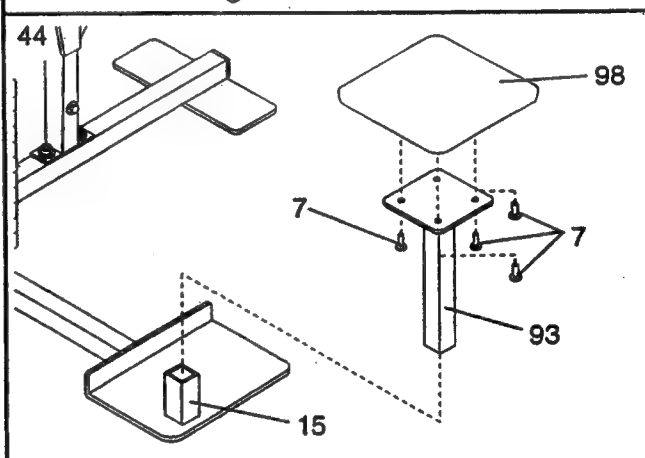
43. Raise the Right Pedal (152) and rest it on the hook at the lower end of the right Resistance Cylinder (150). The hook must be in one of the slots under the Right Pedal.

Raise the Left Pedal (126) and rest it on the hook at the lower end of the left Resistance Cylinder (150). Make sure that the hooks are in the same slots under both Pedals.

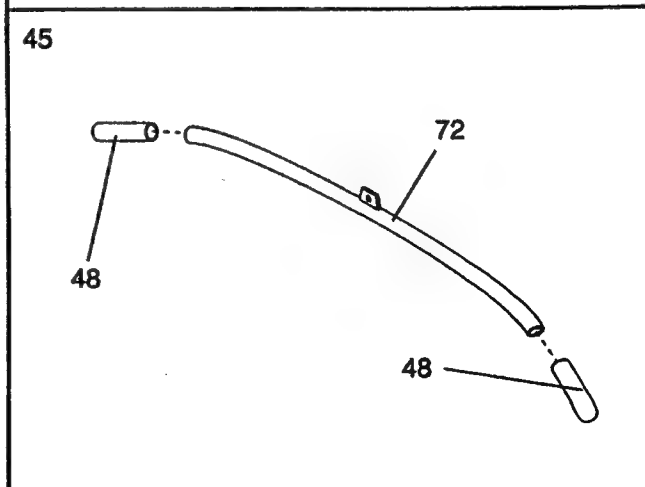


44. Attach the Squat Seat (98) to the Seat Post (93) with four 1/4" x 3/4" Screws (7).

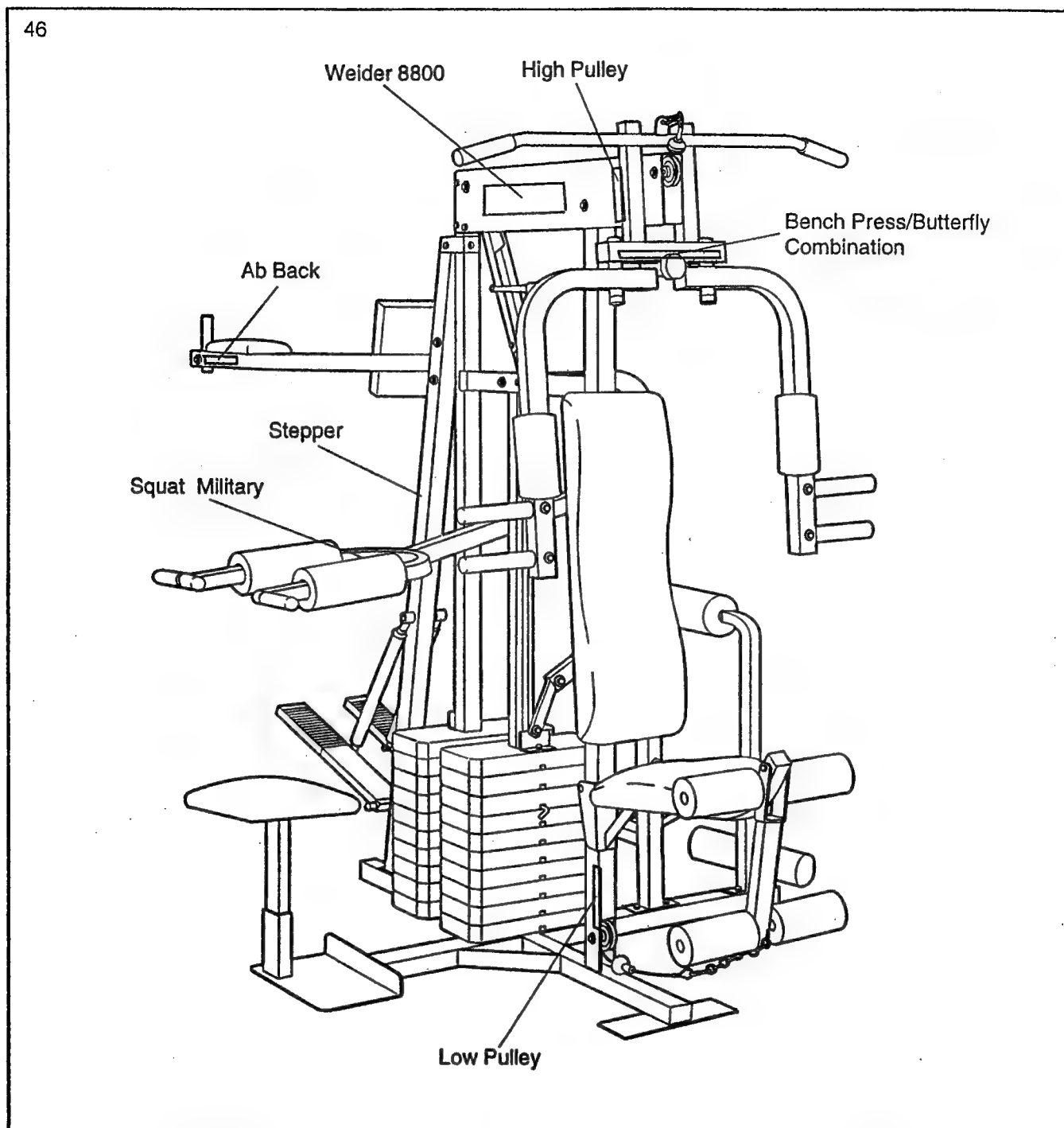
Insert the Seat Post (93) into the socket on the Base (15).



45. Wet the ends of the Lat Bar (72) with soapy water. Slide a 5" Grip (48) onto each end of the Lat Bar.



46. Remove the decals from the Decal Sheet (not shown), and apply them to the hard drive system in the locations shown in the drawing below.



47. Make sure that all parts are properly tightened. The use of all remaining parts will be explained in ADJUSTMENT, beginning on page 19 of this owner's manual.
48. Before using the hard drive system, test the cables and pulleys. Pull each cable a few times to make sure that it moves smoothly over the pulleys. If one of the cables does not move smoothly, locate and correct the problem before using the hard drive system. **IMPORTANT:** If the cables are not properly routed, they may be damaged when heavy weight is used.

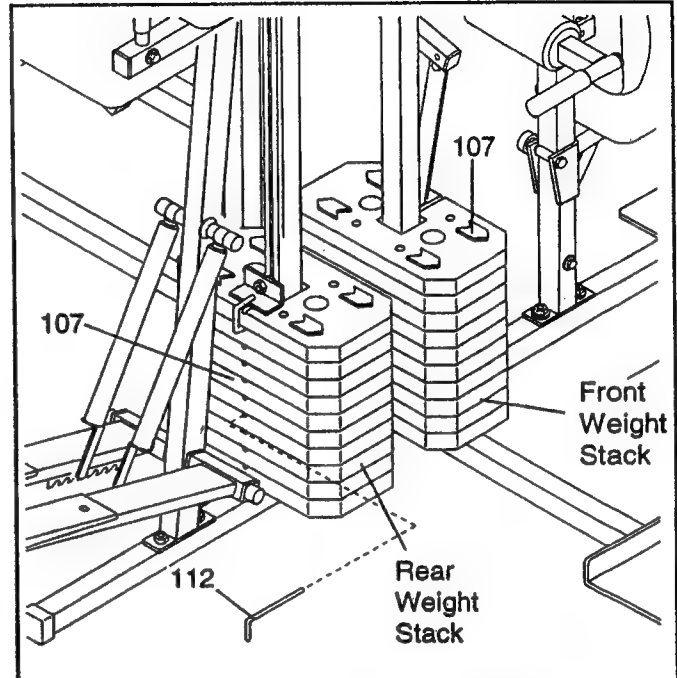
# ADJUSTMENT

The instructions below describe how each part of the hard drive system can be adjusted. Refer to the EXERCISE GUIDE accompanying this owner's manual to see how the hard drive system should be set up for each exercise. **IMPORTANT:** When attaching the lat bar or nylon strap, make sure that the attachments are in the correct starting position for the exercise to be performed. If there is any slack in the cable or chain as an exercise is performed, the effectiveness of the exercise will be reduced.

## CHANGING THE WEIGHT SETTING

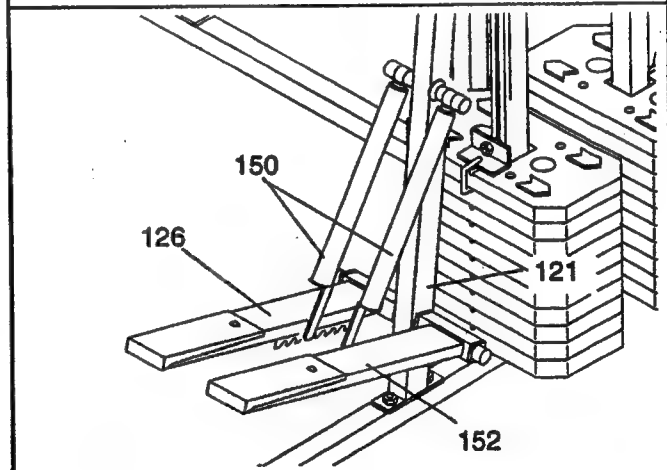
The hard drive system features dual weight stacks to allow two people to exercise at the same time. The rear weight stack is connected to the high pulley station, the low pulley station and the arms; the front weight stack is connected to the ab arm and the military press/squat arm.

To change the weight setting of either weight stack, insert an "L"-Pin (112) under the desired Weight (107). Make sure to insert the "L"-Pin until the bent end of the "L"-Pin is touching the Weights, and turn the bent end downward. The weight setting of either weight stack can be changed from 12.5 pounds to 125 pounds, in increments of 12.5 pounds. Note: Due to the cables and pulleys, the actual amount of resistance at each exercise station may vary slightly from the weight setting of the weight stacks.



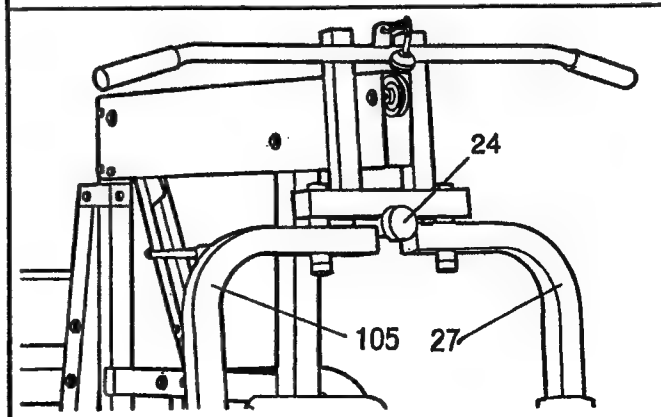
## CHANGING THE STEPPING RESISTANCE

To change the stepping resistance, first lift the Left and Right Pedals (126, 152) off the hooks at the lower ends of the Resistance Cylinders (150). Move the hooks to different slots under the Pedals. Make sure that the hooks are fully inserted into the same slots under both Pedals. The farther the hooks are moved from the Stepper Upright (121), the greater the resistance will be. **WARNING:** The Resistance Cylinders become very hot during use. Allow the Resistance Cylinders to cool before touching them.



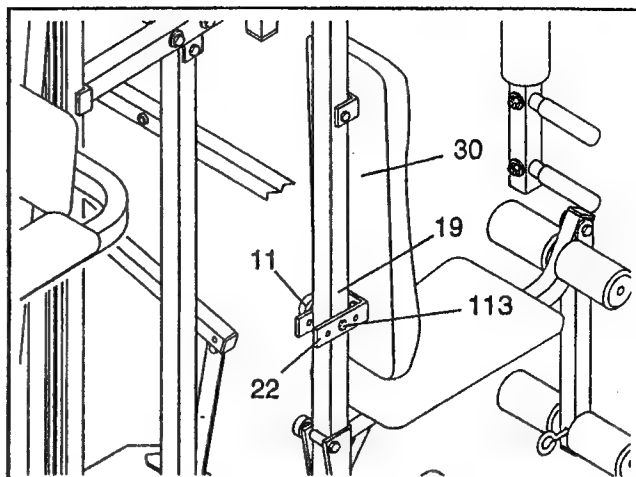
## CHANGING THE ARMS TO THE BUTTERFLY MODE OR THE PRESS MODE

The Left and Right Arms (27, 105) can be used in either the butterfly mode or the press mode. To perform the BUTTERFLY exercise, change the Arms to the butterfly mode by turning the Selector Knob (24) clockwise. To perform the BENCH PRESS exercise, change the Arms to the press mode by turning the Selector Knob counterclockwise.



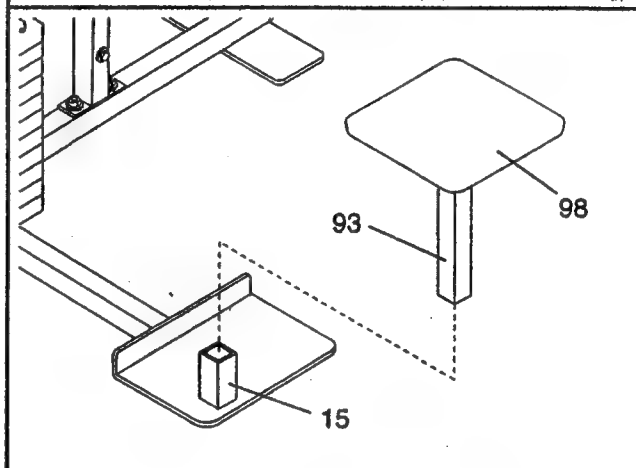
## ADJUSTING THE BACKREST

The Large Backrest (30) can be adjusted to any of three positions. To change the position, first remove the 5/16" Knob (11) and 5/16" x 2 3/4" Carriage Bolt (113). Pivot the lower end of the Large Backrest until one of the three holes in the Adjustment Bracket (22) is aligned with the hole in the Front Upright (19). Insert the Carriage Bolt through the Adjustment Bracket and the Front Upright, and tighten the Knob onto the Carriage Bolt.



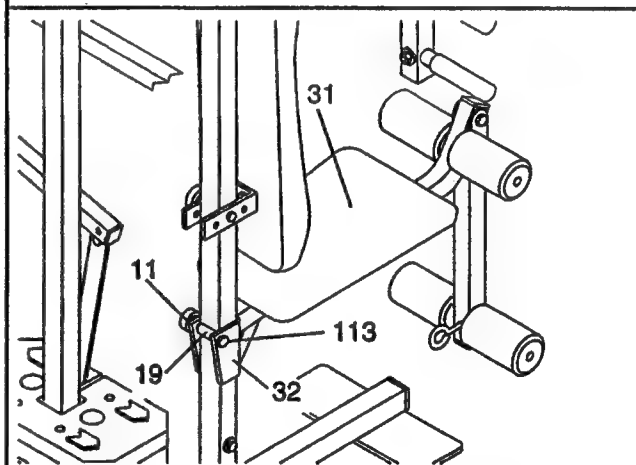
## ATTACHING AND REMOVING THE MILITARY PRESS SEAT

To perform the MILITARY PRESS exercise, the Military Press Seat (98) must be attached to the Base (15). Slide the Seat Post (93) into the indicated socket on the Base. To perform the SQUAT exercise, remove the Seat from the Base.



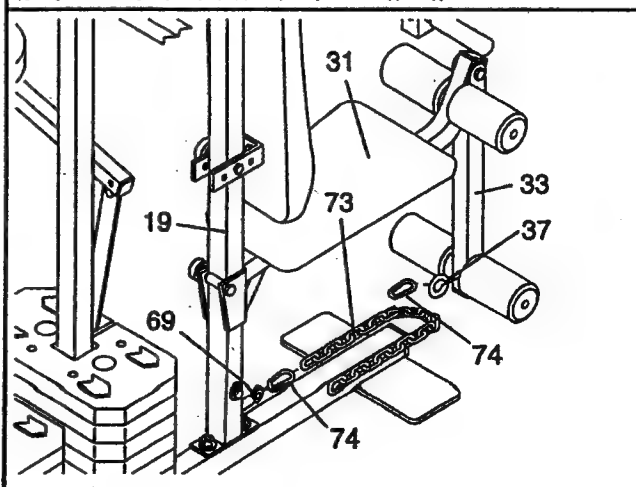
## ATTACHING AND REMOVING THE SEAT

To attach the Seat (31), to the Front Upright (19), align the bracket on the Seat Frame (32) with the indicated tube on the Front Upright (19). Insert a 5/16" x 2 3/4" Bolt (113) through the Seat Frame and the Front Upright. Tighten a 5/16" Knob (11) onto the Bolt. For some exercises, the Seat must be removed. To remove the Seat, first make sure that the chain is not attached to the leg lever. Next, remove the 5/16" Knob (11) and 5/16" x 2 3/4" Carriage Bolt (113) from the Seat Frame (32), and lift the Seat off the Front Upright.



## ATTACHING THE LEG LEVER TO THE LOW PULLEY STATION

To use the Leg Lever (33), the Seat (31) must be attached to the Front Upright (19) (see ATTACHING AND REMOVING THE SEAT above). Attach one end of the Chain (73) to the Pulley Cable (69) with a Cable Clip (74). Attach the other end of the Chain to the 5/16" x 2" Eyebolt (37) on the Leg Lever with a Cable Clip.

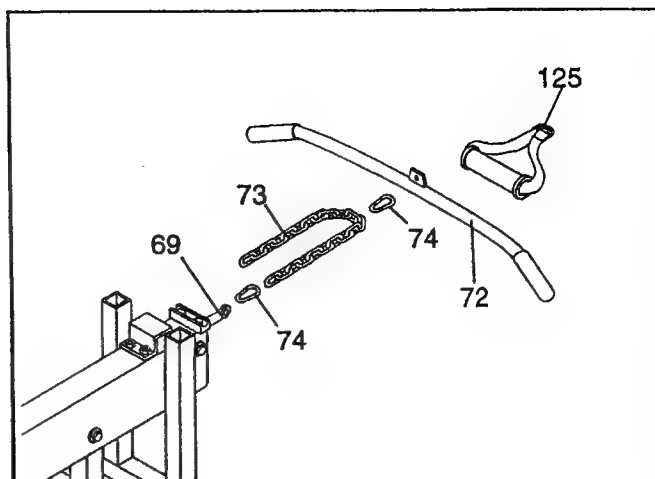




## ATTACHING THE LAT BAR OR NYLON STRAP TO THE HIGH PULLEY STATION

Attach the Lat Bar (72) to the Pulley Cable (69) with a Cable Clip (74). For some exercises, the Chain (73) should be attached between the Lat Bar and the Pulley Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Pulley Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

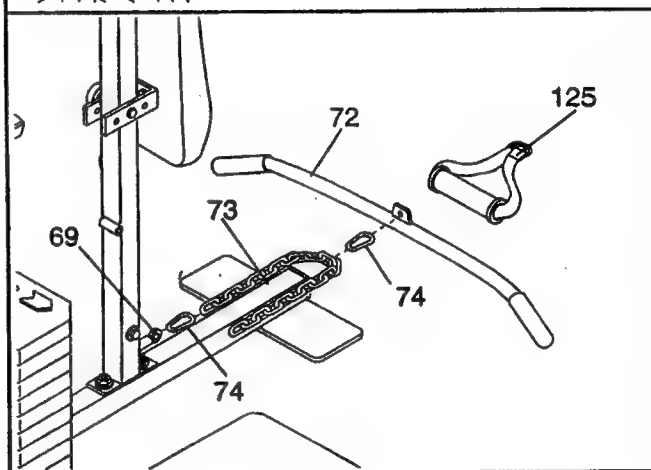
The Nylon Strap (125) can be attached in the same manner.



## ATTACHING THE LAT BAR OR NYLON STRAP TO THE LOW PULLEY STATION

Attach the Lat Bar (72) to the Pulley Cable (69) with a Cable Clip (74). For some exercises, the Chain (73) should be attached between the Lat Bar and the Pulley Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Pulley Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

The Nylon Strap (125) can be attached in the same manner.



# TROUBLE-SHOOTING AND MAINTENANCE

Inspect and tighten all parts each time you use the hard drive system. Replace any worn parts immediately. The hard drive system can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

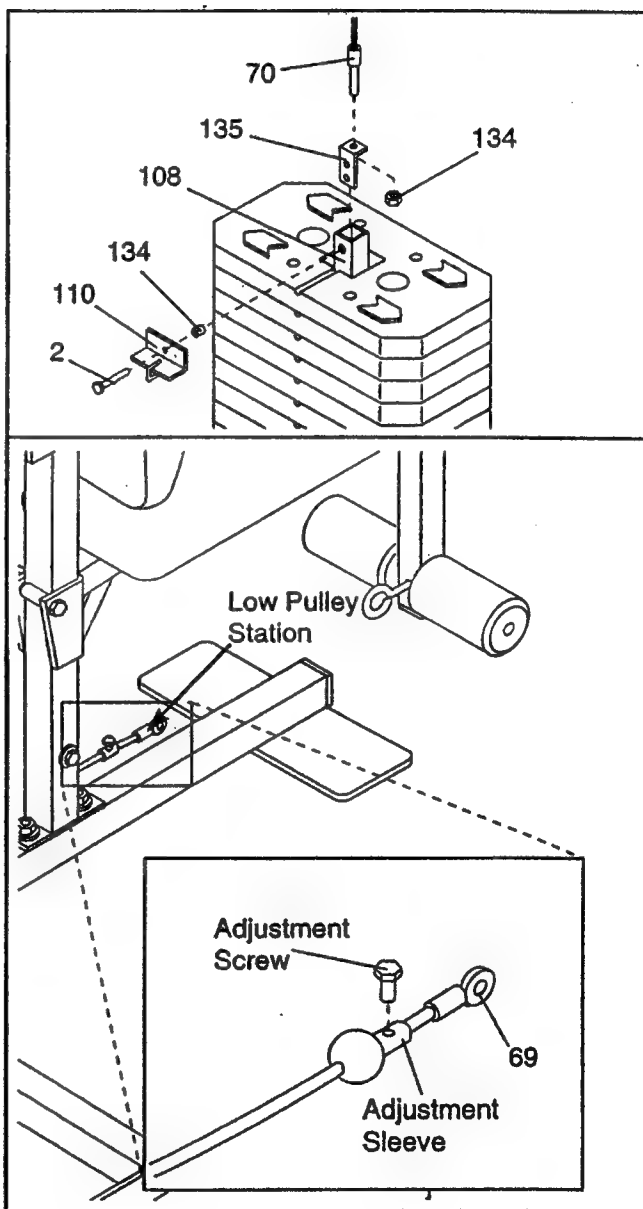
## TIGHTENING THE CABLES

Woven cable, the type of cable used on the hard drive system, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. Follow the instructions below to tighten the cables.

When the Weight Cable (70) is properly tightened, the pivot arm (see the drawing on page 23) should be resting against the stop bolt. To tighten the Weight Cable, first remove the 5/16" x 1 1/4" Bolt (2), Weight Bracket (110) and 1/2" x 7/16" Bushing (134) from the Weight Tube (108) in the rear weight stack. Remove the Cable Bracket (135) from the Weight Tube. Tighten the 1/4" Nut (134) farther onto the end of the Weight Cable (70). To further tighten the Weight Cable, the Bolt can be tightened into the upper hole in the Cable Bracket rather than the lower hole. Make sure that the Weight Cable is not too tight, or the top Weight will be lifted off the weight stack.

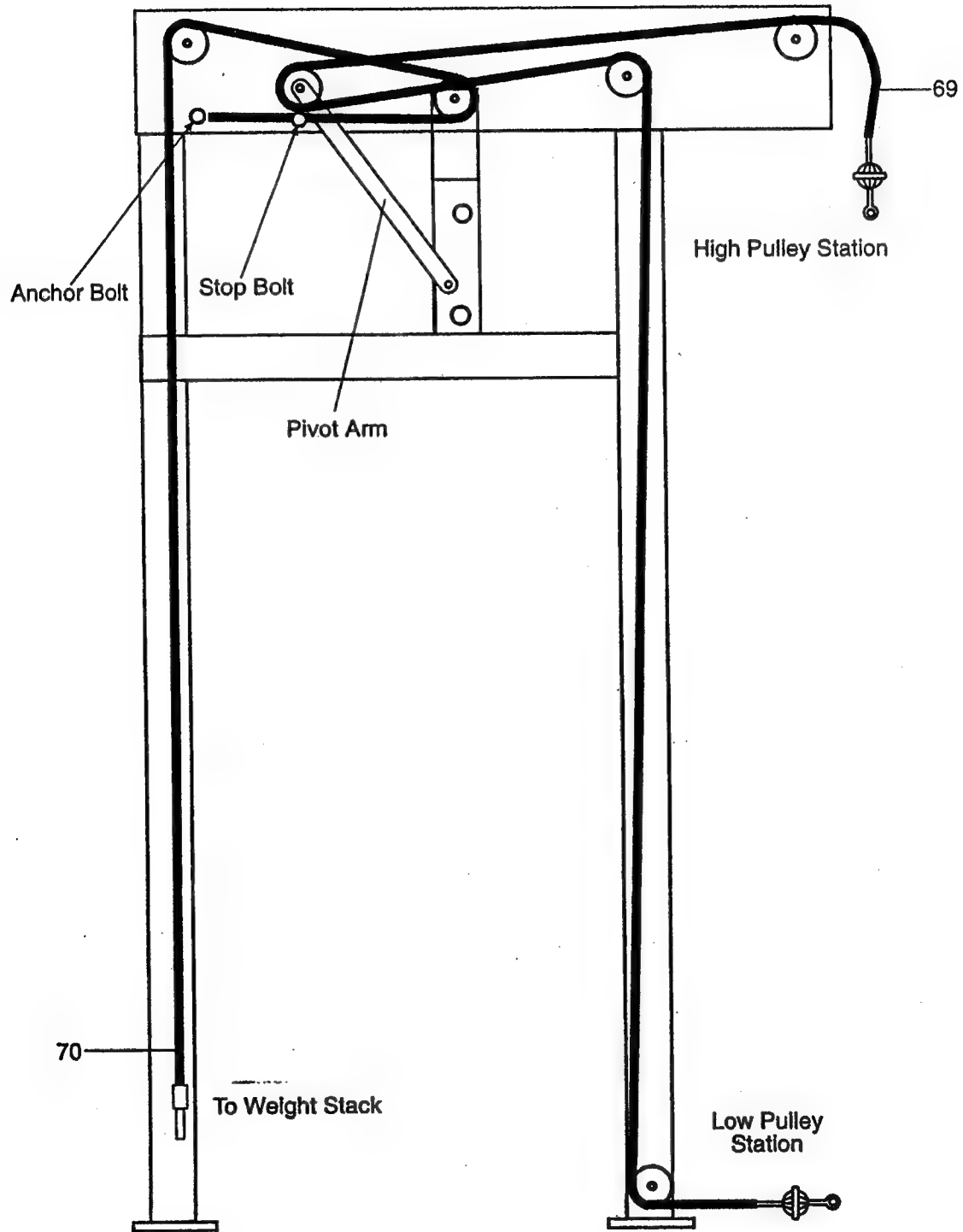
Locate the adjustment sleeve and adjustment screw near the lower end of the Pulley Cable (69). Loosen the adjustment screw. Pull the end of the Pulley Cable until the Pulley Cable is tight, slide the adjustment sleeve and the ball against the low pulley, and retighten the adjustment screw. Make sure that the cable is not too tight, or the top weight on the rear weight stack will be lifted off the weight stack.

If the cables cannot be tightened enough as described above, the cables may need to be replaced. See the back cover of this owner's manual for information about ordering replacement parts.



# CABLE DIAGRAM

The Pulley Cable (69) and Weight Cable (70) come pre-assembled. Use the diagram below to check the routing of the cables and make sure that the cables are on all of the pulleys.



# ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-225-0653, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

1. The MODEL NUMBER of the product (WG88000).
2. The NAME of the product (WEIDER® 8800 Hard Drive System).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER and DESCRIPTION of the part(s) from the PART LIST/EXPLODED DRAWING accompanying this owner's manual.

## LIMITED WARRANTY

Weider, Inc. ("WEIDER"), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. WEIDER's obligation under this warranty is limited to replacing or repairing, at WEIDER's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by WEIDER at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by WEIDER. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by a WEIDER authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by WEIDER.

WEIDER IS NOT RESPONSIBLE OR LIABLE FOR INDIRECT, SPECIAL OR CONSEQUENTIAL DAMAGES ARISING OUT OF OR IN CONNECTION WITH THE USE OR PERFORMANCE OF THE PRODUCT OR OTHER DAMAGES WITH RESPECT TO ANY ECONOMIC LOSS, LOSS OF PROPERTY, LOSS OF REVENUES OR PROFITS, LOSS OF ENJOYMENT OR USE, COSTS OF REMOVAL, INSTALLATION OR OTHER CONSEQUENTIAL DAMAGES OF WHATSOEVER NATURE. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

THE WARRANTY EXTENDED HEREUNDER IS IN LIEU OF ANY AND ALL OTHER WARRANTIES AND ANY IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED IN ITS SCOPE AND DURATION TO THE TERMS SET FORTH HEREIN. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

**WEIDER INC., 1500 S. 1000 W., LOGAN, UT 84321-9813**

# PART LIST—Model No. WG88000

R694A

Key No.	Qty.	Description
1	12	5/16" x 2 1/2" Carriage Bolt
2	1	5/16" x 1 1/4" Grade 5 Bolt
3	1	3/8" Nut
4	40	5/16" Nylock Nut
5	12	1/4" Nylock Nut
6	20	1/4" Flat Washer
7	10	1/4" x 3/4" Screw
8	6	1 1/4" Tap Screw
9	4	Rubber Bumper
10	2	#8-32 Screw
11	2	5/16" Knob
12	1	5/16" x 1 1/4" Bolt
13	2	2" Inner Cap
14	3	5/16" x 2 1/2" Bolt
15	1	Base
16	1	Stabilizer
17	1	Rear Upright
18	1	Center Upright
19	1	Front Upright
20	2	Thin 3/8" Jam Nut
21	1	Small "U"-Bracket
22	1	Adjustment Bracket
23	8	5/16" x 2 1/4" Bolt
24	1	Selector Knob
25	2	Arm Shock
26	1	Shock Bar
27	2	Left Arm
28	4	8" Foam Pad
29	6	1 3/4" Inner Cap
30	1	Large Backrest
31	1	Seat
32	1	Seat Frame
33	1	Leg Lever
34	6	7" Foam Pad
35	3	Pad Tube
36	4	3/4" Plastic Cap
37	1	5/16" x 2 1/2" Eyebolt
38	6	1 1/2" Inner Cap
39	3	Seat Bracket
40	3	1/4" x 2 1/4" Carriage Bolt
41	1	Arm Frame
42	2	Plastic Bushing
43	15	1" Round Cap
44	1	1/2" x 1/4" Bushing
45	33	5/16" Flat Washer
46	1	5/16" x 2 1/4" Grade 5 Carriage Bolt
47	4	Short Handle
48	8	5" Grip
49	1	Selector Plate
50	8	1" Retainer

Key No.	Qty.	Description
51	6	1" Plastic Cap
52	2	5/16" x 1 3/4" Bolt
53	2	#8 x 1 1/4" Screw
54	2	Swivel "U"-Bracket
55	2	3/8" x 2 3/4" Bolt
56	2	Foam Grip
57	4	1/2" x 3/8" Bushing
58	1	Bar Holder
59	1	Arm Frame Cap
60	2	Arm Frame Bushing
61	1	Ab Seat Frame
62	1	Ab Seat
63	8	3/8" Nylock Nut
64	10	3/8" Flat Washer
65	2	3/4" Cover Cap
66	2	1/4" x 1 1/4" Bolt
67	1	3 1/2" Pulley
68	3	3/8" x 3 1/2" Bolt
69	1	Pulley Cable
70	1	Weight Cable
71	2	"L"-Bracket
72	1	Lat Bar
73	1	Chain
74	3	Cable Clip
75	1	Pivot Arm
76	2	3/8" x 1 3/4" Bolt
77	3	Thin 3/8" Pulley
78	1	Pivot Arm Extension
79	1	Right VKR Arm
80	2	VKR Armrest
81	2	Long Handle
82	4	1/4" x 2" Screw
83	2	1/2" x 5/8" Bushing
84	2	Upright Bracket
85	1	VKR Backrest Bracket
86	1	Small Backrest
87	1	Military Press Arm
88	1	Large Link Tube
89	2	1/4" x 3/4" Taper Screw
90	10	1 3/8" Bushing
91	6	Small Clevis
92	1	3/8" x 3/8" Bushing
93	1	Seat Post
94	1	Lever
95	2	5/16" x 2" Bolt
96	1	Link Arm
97	1	Ab Frame Upright
98	1	Squat Seat
99	2	Resistance Cylinder
100	1	Left Pedal

Key No.	Qty.	Description
101	1	Right Pedal
102	2	Pedal Cap
103	4	Resistance Cylinder Bushing
104	2	5/8" Retainer
105	2	5/8" Plastic Cap
106	2	5/8" Spacer
107	20	Weight
108	2	Weight Tube
109	8	Roller
110	2	Weight Bracket
111	1	1/2" x 1 3/4" Bushing
112	2	"L"-Pin
113	2	5/16" x 2 3/4" Carriage Bolt
114	1	5/16" x 1 1/2" Screw
115	4	5/16" x 3 1/4" Bolt
116	1	1/2" x 2 1/2" Bushing
117	3	1/2" x 1/2" Bushing
118	1	1/2" x 1 1/4" Bushing
119	1	5/16" x 1 1/2" Roll Pin
120	1	9" Pad
121	2	3/8" x 5/16" Bushing
122	5	5/16" x 2 3/4" Bolt
123	1	2 5/8" Pulley
124	2	Long Clevis
125	1	Nylon Strap
126	3	1/2" x 15/32" Bushing
127	2	2" Outer Cap
128	1	3/8" x 1" Carriage Bolt
129	1	3 1/2" Pulley
130	2	1/2" x 5/16" Bushing
131	2	#8-32 Nut
132	1	Ab Arm
133	1	Military Shock/Squat Arm Shock
134	1	1/4" Nut
135	1	Cable Bracket
136	1	Linkage Bracket
137	1	Left VKR Arm
138	1	Stepper Upright
139	1	Ab Arm Linkage
140	1	Pivot Bracket
141	1	Ab Arm Bushing
142	1	Pivot Bracket Bushing
143	5	3/8" Jam Nut
144	1	3/8" x 4 1/2" Bolt
145	1	5/16" x 2 1/4" Carriage Bolt
146	3	3/8" x 3/8" Spacer
147	3	1/2" Retainer
148	2	1/2" Plastic Cap
149	1	5/16" x 1" Bolt
150	1	Stop Cable

Key No.	Qty.	Description
151	1	3/8" x 1 1/2" Bolt
152	1	5/16" Jam Nut
153	1	1 1/2" Roll Pin
154	1	Right Arm
155	3	1/4" x 2 1/4" Machine Screw
156	1	3/8" x 2 1/2" Bolt
157	1	1/2" Hat Cap
158	1	1/2" Washer
#	1	Owner's Manual
#	1	Exercise Poster
#	1	Part Identification Chart
#	1	Part List/Exploded Drawing

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the owner's manual for information about ordering replacement parts.



# EXPLODED DRAWING—Model No. WG88000

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